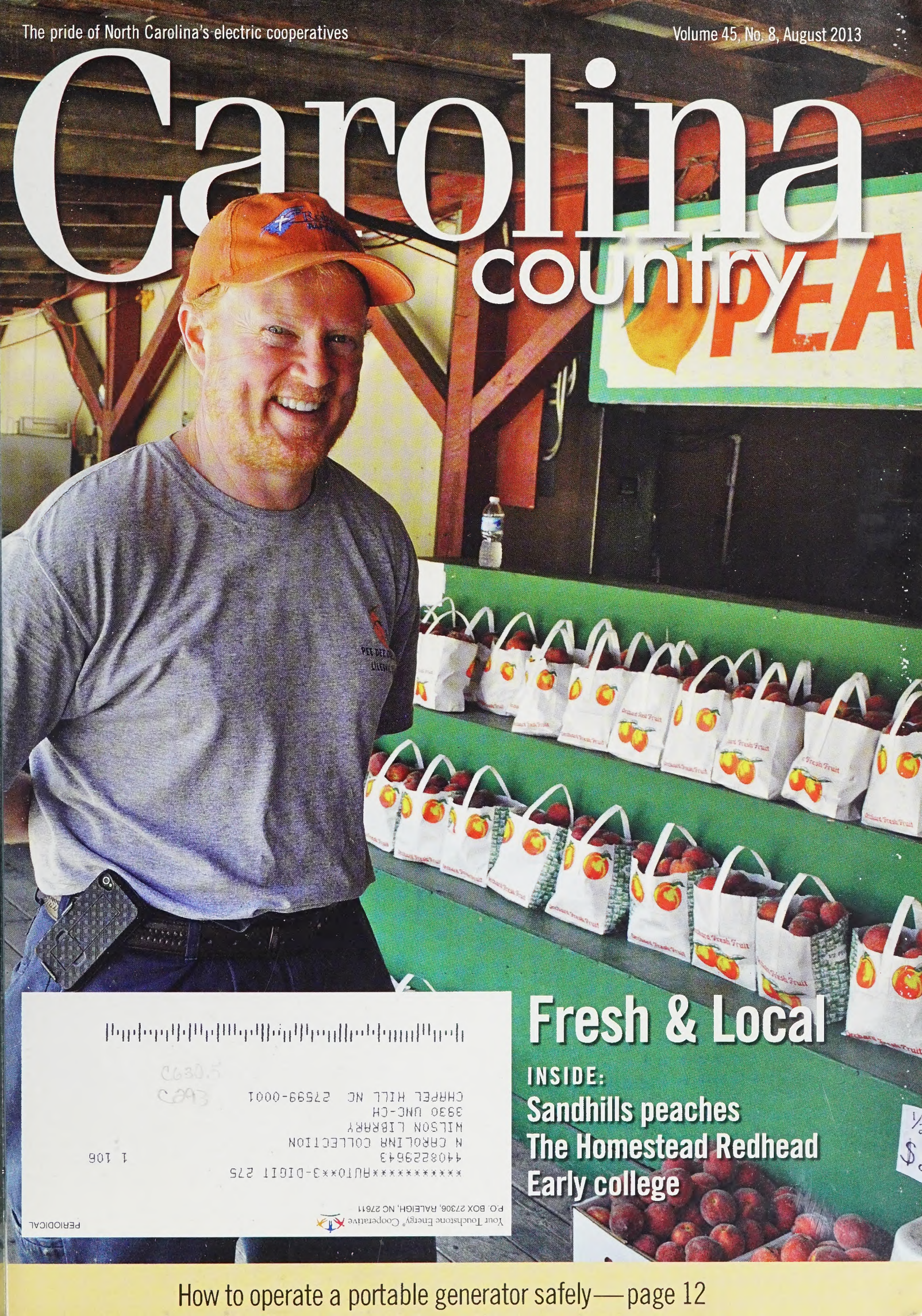
The pride of North Carolina's electric cooperatives

Volume 45, No. 8, August 2013

Carolina country



Fresh & Local

INSIDE:

Sandhills peaches

The Homestead Redhead

Early college

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PERIODICAL

How to operate a portable generator safely—page 12

MOON LANDS ON MAN!

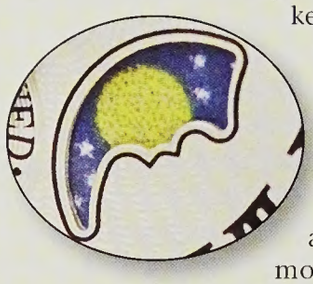
The skeptics said it couldn't be done... but our ***Moon Phase*** *proves that one small step for Stauer is one giant leap for watch lovers!*

It has always taken scientific skill and artistic wizardry to discover the Moon's secrets. When Galileo Galilei turned his telescope towards the Moon in 1609, he relied on his knowledge of light and shadow learned as a painter to understand the movements of the heavenly orb. We relied on that same pairing of art and science to create one of our most complicated and beautiful movements yet... for an unbelievable price!

Previously offered for $399, the stars have finally aligned to make the ***Stauer Moon Phase Watch*** available for **ONLY $99!**

Our ***Moon Phase Watch*** continues a centuries-old tradition of unlocking the secrets of the Moon with scientific innovation. Many watches add extra functions, or complications, to display day and date. But we didn't stop there. The ***Moon Phase Watch*** includes a separate window that showcases the current phase of the Moon. This beautiful addition to the face is no easy feat...

Solving the mystery of Moon time. Since earthly time is measured at regular 12 month intervals, the Moon's month is at odds with our calendar. A lunar month is 29.53 days, so a Moon-phase watch needs to keep time in two totally different ways. That's why antique watch collectors are always quick to bid on this type of complex lunar movement. You'll find them among the rarest and most expensive vintage watches ever sold at auction. Not long ago, one of the most important moon-phase timepieces fetched an incredible $5.7 million!



Our goal was to create a timepiece more accurate and affordable than its ancestors. As you can imagine, an offer this good on a watch this spectacular cannot last forever.

How we captured the Moon. We put so much effort into perfecting the mechanics behind this watch, but we didn't forget the aesthetics. The ***Moon Phase Watch*** boasts three different complications set in the guillochéed face: a standard monthly calendar, a day of the week indicator, and the moon phase display. Its rose gold-finished case features a hobnail-pattern bezel and a crocodile-embossed, genuine brown leather strap adds the final luxurious detail.

Your satisfaction is 100% guaranteed. If you are not thrilled, simply return the timepiece within 30 days for a full refund of the purchase price. This offer is limited to the first 2,499 callers to this ad, so please don't wait. This kind of watch only comes around once in a blue moon.

Stunning little machine! "I am in love with this watch!" — R. M. from Asheville, NC

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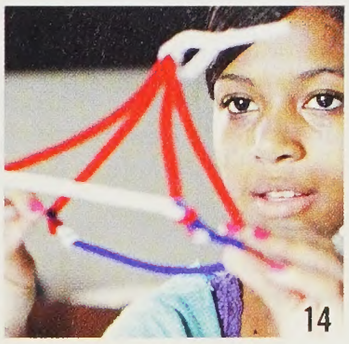
Stephen Greene is a school teacher, but he also makes peach ice cream at his family's Pee Dee Orchards peach market. (Photo by Hannah Miller)



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Carolina country
(ISSN 0008-6746) (USPS 832800)
2010 George W. HAGGARD Memorial Journalism Award
Read monthly in more than 735,000 homes
Published monthly by North Carolina Association of Electric Cooperatives, Inc.
Your Touchstone Energy® Cooperative
3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); **NON-POSTAL AND MILITARY FACILITIES:** send address corrections to Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

Subscriptions: Individual subscriptions, $10 per year. $20 outside U.S.A. Schools, libraries, $6.

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Toward a secure, clean and affordable energy future

By Mitchell Keel

When President Obama in June outlined his new Climate Action Plan, we paid close attention to see not only how it squares with his administration's overall energy strategy but also how it may affect what we're doing as electric cooperatives.

Regarding the climate, North Carolina's electric cooperatives look forward to working with all interested parties to establish reasonable, balanced and affordable solutions to reduce carbon emissions. Here in North Carolina, we are ahead of the game in reducing emissions. The electric cooperatives have a well-balanced energy portfolio, with the greatest proportion (56 percent) coming from emission-free nuclear generation. The cooperatives have further moved the needle on emission reduction through our efforts to increase the use of natural gas, integration of renewable energy sources, grid modernization for greater efficiency, and more action on energy efficiency initiatives.

Regarding overall energy policy, we agree with the Obama administration's plans announced in March 2012 when the President said: "We need an energy strategy for the future—an all-of-the-above strategy for the 21st century that develops every source of American-made energy."

The administration's encouragement of expanding safe nuclear technology to generate energy has been a step toward a more secure energy future. North Carolina's electric cooperatives are proud of our investment in nuclear power: We own 61.5 percent of Catawba Nuclear Station Unit 1, and a 30.76 percent interest in the common facilities of the Catawba station in York County, S.C.—one of the most efficient base load generation facilities in the U.S., operated by Duke Energy.

Applying incentives to develop renewable energy sources also is a step toward a more secure energy future. Your cooperatives continually add renewable energy to our power portfolio by investing in renewable energy generation facilities and purchasing power from producers. The cost to build facilities and supply energy from clean sources is becoming more competitive every year.

More fuel-efficient vehicles are another advance toward a cleaner environment. Burning fossil fuels to make electricity is not the only contributor to carbon emissions.

And developing technology that can turn coal—our nation's most abundant energy source—into electricity in a manner that does not produce excessive emissions also has made strides. The President in June supported policies that would invest in these technologies, which cooperatives have been doing for years. He also acknowledged that new environmental standards will "provide flexibility to different states with different needs and build on the leadership that many states and cities and companies have already shown." North Carolina and its cooperatives are part of that leadership.

Preserving a clean environment is important to us and future generations, but so is economic stability. We have integrated a balanced approach in our energy mix, and we have done it without federal mandates. As long as government allows us to continue applying a common sense approach to energy production, supply and consumption, we can secure America's energy future while protecting the environment and keeping electricity prices affordable.

Mitchell Keel is CEO of Four County Electric, the Touchstone Energy cooperative that serves more than 32,000 member accounts in Bladen, Duplin, Pender, Sampson and parts of Columbus and Onslow counties. He also is president of North Carolina Electric Membership Corp., the power supply organization owned by the state's electric cooperatives.

Working with heat strips

The article "Cooling Warm Rooms" [July 2013] was interesting, and I would like to share my experience with heat pumps. Heat pumps have heat strips for assistance in case the normal heating needs help, but they draw a lot of current. We're on our second heat pump, and on both I had the dealer install a toggle switch to allow me to disable the emergency heat strip. I like to lower the thermostat at bedtime in winter, but in the morning if you increase the temperature by 2 degrees or more the emergency heat strips are enabled. I leave the emergency heat disabled and allow the heat pump to run to get to desired setting.

Stephen Auman, Randolph EMC

Editor's note: What Mr. Auman does is an excellent way to maximize the efficiency of the heat pump for his personal comfort circumstances and climate. Typically the auxiliary resistance heat is needed to supplement the home's heating needs when it is very cold outside, or to bring up the temperature in the home quickly, such as raising the thermostat more than 2 or 3 degrees, depending upon the thermostat. Another option is to have an HVAC dealer install an outside thermostat that will not allow the auxiliary strip heaters to come on unless the outside temperature is below a certain degree set point. Determining this set point is more of an art than science, but is typically in the 27–35 degrees range. Remember, the less the heat strips come on, the more efficiently the heat pump system operates, as Mr. Auman states. The down side is it will take longer to achieve a higher interior temperature setting when utilizing the heat pump solely. As general rule, I recommend "set it and forget it" on heat pump thermostats.

Rick Schroeder, energy specialist, GreenCo Solutions, Raleigh

Fresh sheets

I loved the article by Donna Campbell Smith on "sun-dried laundry." [May 2013] I was born and raised in Pennsylvania, and my Mom "took in" laundry for the military boys school in our town. Winters were harsh, but we hung the wash out, and it froze as we hung it. There is nothing that smells better on your bed than sheets fresh from outdoors. A good night's sleep is guaranteed.

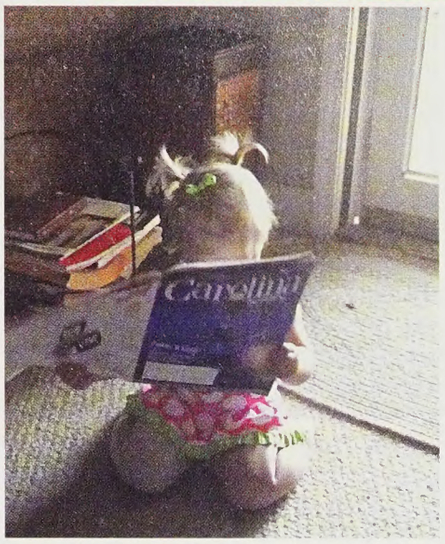
I still hang my laundry out, which gets me a lot of derision. And yes, I do have a dryer.

Vina Doss, Goldsboro, Tri-County EMC

Garden girl

This past school year, my daughter Cheyenne Heafner and all her classmates received cabbage plants in an effort to teach children where their food comes from. She took her cabbage plant to her grandparents' house and stowed it in the greenhouse until it was time to plant it. Every week she and her grandfather faithfully checked on the plant, watered it, dusted it and cared for it, all the while monitoring its changes and growth. After months of waiting and watching, Cheyenne was able to reap her harvest. From coleslaw to cabbage rolls, the harvest has been bountiful indeed, and Cheyenne has learned a great deal about how her food gets "from farm to table."

Susan Beal, Lincolnton, Rutherford EMC



Smart girl

Our granddaughter, Alexia Baxter, 14 months, found something interesting in Carolina Country. You captured her little mind for about 4 minutes! Piggy tails, one of Papaw's socks and Carolina Country magazine.

Dale and Robin Jenkins, Crouse, Rutherford EMC

Country girl

Our daughter Carsyn, 5, enjoys the simple pleasures of good ol' country life.

Kim & Brad Stroud, Hiddenite, EnergyUnited

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I am carrying a harvest basket near the "chunnel" I made to protect the chickens from hawks and still give them plenty of room to roam.

ADVENTURES OF THE HOMESTEAD REDHEAD

Houidini gets a buddy

By Laura Conner Massengale

Welcome back to the homestead! Our summer has been bursting at the seams with laughter, tears, challenges and harvests.

With expectations of a bountiful harvest this season, I planted a variety of fruits and veggies. I used multiple raised beds as well as containers for individual crops. I tried my hand at many plants I had not grown before, including pimento peppers, purple viking potatoes and a pumpkin plant that had a mind of its own. I worked hard throughout the season to use natural remedies for optimal plant health. I made garlic spray to keep away pests and used eggshells and milk to conquer tomato blight.

The North Carolina weather being what it is, particularly this season, many rainy days stifled much of my garden's productivity. However, the crops that did survive made delicious dinners for my family, and I soaked up the delight of enjoying the fresh taste of food I grew myself.

For my work as an emergency room nurse at the hospital, I transferred to a night shift position several months ago to allow for more time to work on the homestead. My nights are now filled with the roar of a busy emergency room, and my days are filled with the persistent buzz of grunting pigs and bug-chasing chickens. Although sleep is a rare occurrence around here for me most days, the homestead is well cared for and that makes all the hard work worth it.

The warmer season brought us the hope of squeaky little piglets. Lady-Bug, our little female mini pot-bellied pig, spent much of the spring with an ever swelling tummy. As the time drew closer, our excitement grew as large as her round belly. Unfortunately, Lady-Bug's first farrowing experience did not go as planned and ended in the loss not only of her life, but her one surviving piglet as well. Although the experience was a devastating one, it was an unmistakable reminder that nature is not in our control. Farm life isn't easy, but it sure is worth it.

We recently decided to add a few more happy faces to our homestead. We adopted a rescue pig from Gaston County as a companion for Houidini, our male pot-bellied pig. Pigs are very social animals, and Houidini was lonely without his little Lady-Bug. It has been fun to watch the boys get to know each other, and I know Houidini is much happier with a buddy.

We also were thrilled with the arrival of Daisy, a micro-mini piglet who flew on a plane to our great state, all the way from Michigan. She is our very special homestead house pig. She lives inside with me, my husband and the pups. It has been quite an adventure with a piglet in the house, but she has brought such laughter and fun. If Daisy is willing, I hope to get her certified as a therapy pig so she can share her piggy snuggles with those in need of some sunshine.

The coming months, we hope, may bring reality to lifelong dreams for my husband and me. We are busy preparing our homestead to be put on the market next spring and searching for the perfect piece of property for our big farm. It is an exciting time for us. There are many pieces that need to fall into place, but I have faith all will work out as it should.

As the summer draws to a close, I look around my bustling homestead and am filled with a deep sense of peace and love for my little slice of the world. I can't wait to see what the future holds for this very thankful redhead.

I hope this season was filled with laughter and love for you and yours.

Until next time...

Laura Conner Massengale and her husband, Gabe, are members of Piedmont EMC and live in Orange County. From time to time we will publish her reports on their homesteading adventures. Follow Laura's blog at homesteadredhead.com

Released to the Public: Bags of Vintage Buffalo Nickels

Historic 1920-1938 "Buffalos" by the Pound

2013 marks the 100th anniversary of an American Classic: the Buffalo Nickel. To honor this milestone, New York Mint is releasing to the public bags of original U.S. government Buffalo Nickels not seen in circulation for decades. Now they can be acquired for a limited time only—not as individual collector coins, but by weight—**just $49 for a full Quarter-Pound Bag.**

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Every bag will be filled with collectible vintage Buffalos from over 70 years ago, GUARANTEED ONE COIN FROM EACH OF THE FOLLOWING SERIES (dates our choice):

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Long-Vanished Buffalos Highly Coveted by Collectors

Millions of these vintage Buffalo Nickels have worn out in circulation or been recalled and destroyed by the government. Today, significant quantities can often only be found in private hoards and estate collections. As a result, these coins are becoming more sought-after each day. In fact, the market price for Buffalo Nickels increased 76% from October 2002 to October 2012.

Supplies Limited—Order Now!

Supplies of vintage Buffalo Nickels are limited as the availability continues to shrink. And the 100th anniversary is certain to drive demand up even further! They make a precious gift for your children, family and friends that will be appreciated for a lifetime.

NOTICE: Due to recent changes in the demand for vintage U.S. coins, this advertised price may change without notice. Call today to avoid disappointment.

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CO-OPS & COMMUNITY JOBS

Lumbee River EMC loan helps Red Springs Rescue Squad

Lumbee River EMC, the Touchstone Energy cooperative that serves Robeson, Scotland, Hoke and parts of Cumberland counties, is helping to fund a new facility for Red Springs Rescue Squad in Robeson County. The co-op obtained a $265,000 zero-interest loan from the USDA Rural Economic Development program to assist the nonprofit rescue squad in replacing its outdated facility to better provide emergency medical services throughout Robeson County and to its 130,000 residents. The town of Red Springs and Robeson County fund the rescue squad operations, which involve 35 volunteers who donate their time to serve the community.

A modern 5,000-square-foot facility will replace the 47-year-old, 2,400-square-foot building, which had become cramped and dilapidated. The new building is expected to improve response times to medical emergencies and help recruit and retain volunteers.

These federal funds, appropriated by the U.S. Congress and obligated by the U.S. Department of Agriculture Rural Development, will be given to the Lumbee River EMC revolving loan fund, then to Red Springs Rescue Squad. The cooperative also matched the funding by placing $53,000 into the co-op's existing revolving loan fund. This extra funding will be used in other projects to promote economic development in the area.

Early bird deadline for Bright Ideas grant

Time is running out for teachers with creative ideas for hands-on classroom projects to apply for a Bright Ideas grant from North Carolina's electric cooperatives. The final deadline to apply is in September; however all teachers who meet the early-bird, Aug. 16 deadline will be entered to win a $500 Visa gift card. Interested teachers can find the application, grant-writing tips and more information on the Bright Ideas website at ncbrightideas.com.

"Since 1994, the Bright Ideas education grant program has provided more than $8.5 million for 8,300 projects benefitting more than 1.5 million students in North Carolina," said Lindsey Listrom of the North Carolina Association of Electric Cooperatives. "We are committed to local communities, and we believe there's no better way to contribute than by investing in the education of our youth."

North Carolina's electric cooperatives have allocated more than $600,000 to give to educators across the state during the 2013-2014 school year. The grants will be awarded in November for projects in all grade levels and all disciplines, including math, science, art, language, English and history.

The Bright Ideas grant application requires an outline of the proposed project, a detailed budget and a description of the benefit to students. Applicants are encouraged to highlight the innovative, creative elements of the project and to proofread carefully.

Types of automatic lighting controls

Whether you can't train your kids to turn out lights when they leave a room or need a better outdoor lighting scheme, automatic controls might be a cost-effective solution.

Z-wave technology makes a simple lighting control system that switches lights on and off and dims them.

No matter what type you use, the most important thing to remember for any lighting control is to use a type of lightbulb that doesn't need to "warm up." All of the lightbulbs for residential use now on the market will work—incandescents, compact fluorescent lamps (CFLs), and LEDs (light-emitting diodes).

Indoors

Occupancy sensors that activate when people are near them are helpful indoors, as long as they're positioned to detect people in any corner of the room. They're also good as task lighting—above places like a desk or kitchen sink—so you get the extra light you need while working, but you don't forget and leave it on all night. They are two types of occupancy sensors: ultrasonic and infrared. Ultrasonic sensors detect sound; infrared sensors detect heat and motion.

Timers make an empty home look occupied. If kids are still running in and out, however, timers aren't as effective as occupancy sensors. Plug timers into a wall outlet or install them in the wall, like a light switch or thermostat. New varieties are digital.

Photosensors are generally best outdoors, but new applications have found they're also useful for LED nightlights. When an overhead light is on, the nightlight shuts off automatically.

Central lighting controls are another efficient way to reduce lighting costs. The potential energy savings from installing even a simple central lighting control system are more than most people realize. Just count the lights in a typical home. If a lighting control system allows you to conveniently switch lights on only when needed, your total lighting use reduces greatly. Most lighting control units use very little electricity themselves.

Outdoors

If you already have or are thinking about installing an outdoor security light, consider combining it with a photosensor to keep it from burning all day. A motion sensor goes one step further, if you don't want continuous light.

Timers are commonly used for aesthetic or holiday lighting, sometimes in conjunction with a photosensor—so they turn on at dusk and turn off at a designated time.

Visit TogetherWeSave.com to learn more about energy efficiency in your home.

Did you know?

The International Energy Agency reported in June that renewable energy sources like solar and wind represent the fastest-growing source of energy power generation and will make up a quarter of the global power mix by 2018. The IEA projects that in 2016 renewable energy will overtake natural gas as a power source and will be twice that of nuclear, and second only to coal as a source of power. Use of renewable sources, the IEA said, is growing especially fast in China and other developing and emerging countries.

"As their costs continue to fall, renewable power sources are increasingly standing on their own merits versus new fossil-fuel generation," the report said.

The IEA is an autonomous organization which works to ensure reliable, affordable and clean energy for its 28 member countries, including the U.S., and beyond.

Funding help to install solar hot water on dairy farms

North Carolina dairy farmers may be eligible for funding to help install solar hot water systems on their farms. A grant from the Natural Resources Conservation Service (NRCS) to the western North Carolina-based Mountain Valleys Resource Conservation & Development (RC&D) can supply 50 percent of a dairy farm's solar hot water system installation costs up to $10,000.

Dairy farms require large amounts of hot water during the pasteurization and equipment cleaning process. RC&D says that several dairy farmers in the state have already taken advantage of the opportunity to use solar to heat pasteurization water, and that savings in energy costs are immediately apparent and can continue to compound over the life of the system.

Projects are also eligible for a 35 percent North Carolina state tax credit if placed in service before 2016 and a 30 percent federal tax credit as well. For information about tax credits, go to desireusa.org

Farmers selected for NRCS demonstration projects have to meet certain eligibility requirements.

The mission of Mountain Valleys RC&D is to "initiate actions that will improve economic conditions, enhance and/or preserve natural resources and balance land and water management activities in a widely divergent geographic area of North Carolina."

For more information or to apply for the installation funding assistance

Mountain Valleys RC&D
4388 US Hwy 25/70, Suite 3
Marshall, NC 28753

(828) 649-3313 ext. 5
mountainvalleysrcd.org

Federal appliance standards do work

Every so often, the U.S. Congress approves a new round of energy efficiency standards for various appliances and equipment—refrigerators, air conditioners, clothes washers and the like. These standards, which began in 1975 and have been revised over the years, will have saved consumers an estimated $900 billion on their utility bills by 2020, according to the U.S. Department of Energy.

For example, a refrigerator purchased today uses one-third of the energy a 1973 model did—but with 20 percent more storage. Since 1990, new clothes washers use 70 percent less energy and dishwashers 40 percent less.

From microwaves to lightbulbs to commercial walk-in freezers, these standards have benefited family budgets—and the environment. Since 1987, 1.9 billion tons of carbon dioxide emissions have been avoided. That's the same as taking 373 million cars off the road for one year.

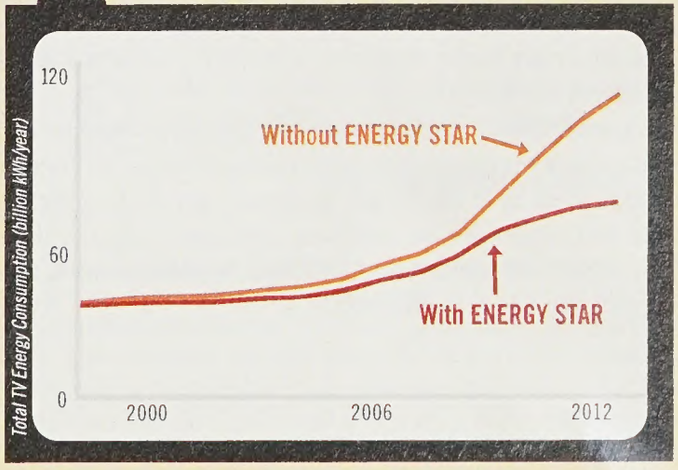
In fact, despite an increase in U.S. population from about 233 million in 1983 to nearly 316 million today, larger homes, rampant personal computer and large-screen TV use, and more electronic devices vying for wall outlets, per-home energy consumption has steadily declined in the past 30 years, thanks to advances in energy efficiency for space heating, air conditioning, and major appliances, according to the U.S. Energy Information Administration.

As American homes add more and more electronic gadgets—about 25 on average, according to the Consumer Electronics Association—every little bit helps when it comes to saving energy.

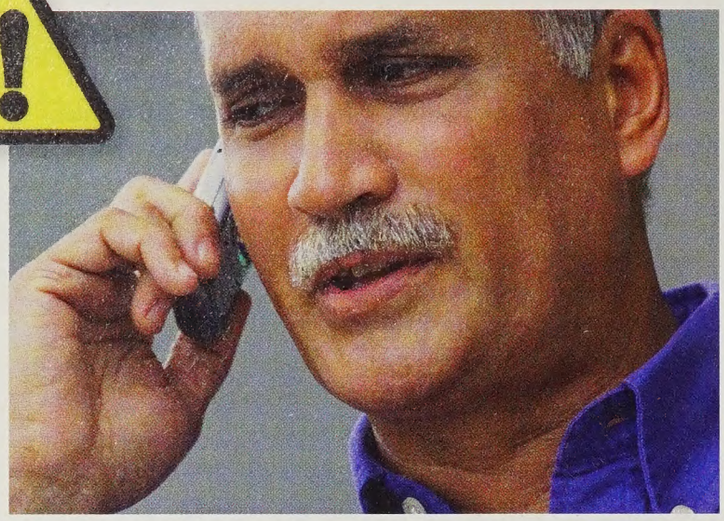
Visit TogetherWeSave.com to learn more about saving energy and money.

The ENERGY STAR Difference: Televisions

TV sales and sizes have increased dramatically in the U.S. over the past 20 years — an estimated 40 million sets, with an average screen size of 50 inches, left store shelves in 2012. Under the ENERGY STAR energy efficiency rating program for consumer products, TV electricity use averages 36 billion kWh per year less than if it didn't exist.



Source: U.S. Environmental Protection Agency, 2012



Beware!

Scam targets Spanish-speaking cooperative members

North Carolina's electric cooperatives are warning their members that thieves posing as cooperative employees are trying to steal money and personal information. The scammers are calling Spanish-speaking customers and telling them that their electricity will be disconnected unless they send payment immediately. The scammers are instructing cooperative members to purchase a pre-paid credit card and either send it to a predetermined address or provide the information from that card over the phone.

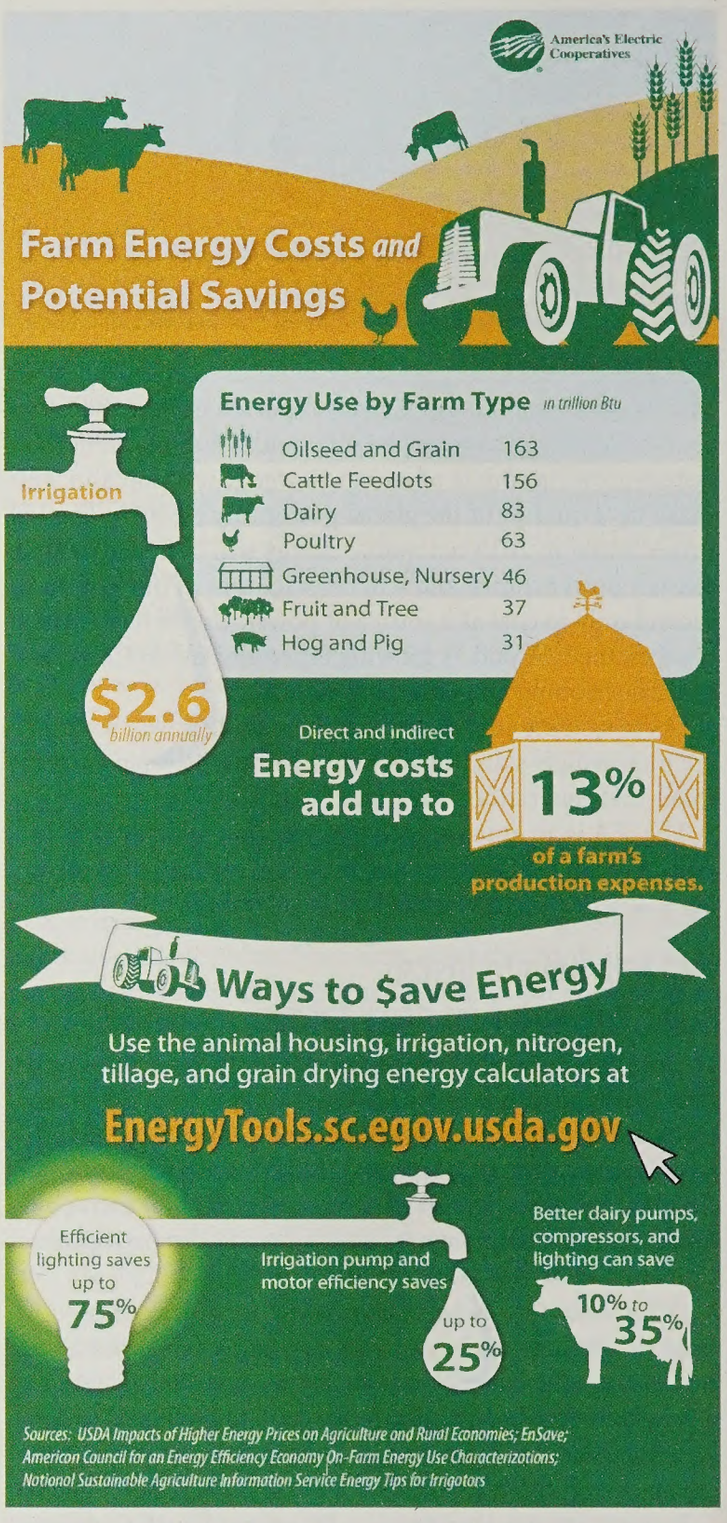
Your electric cooperative will never contact you to obtain account or personal information; if you ever doubt the identity of someone claiming to represent your co-op over the phone, please hang up and call back to your cooperative using the phone number listed on your bill or another formal document.

!Cuidado!

Engaño dirigido a miembros hispanohablantes de la cooperativa.

Las cooperativas eléctricas de la Carolina del Norte advierten a sus miembros que ladrones presentándose como empleados de la cooperativa están tratando de robar dinero e información personal. Los egañadores llaman a clientes hispanohablantes y les dicen que su electricidad se interrumpirá si no mandan un pago inmediatamente. Los engañadores informan a miembros de la cooperativa que deben comprar una tarjeta de crédito pre-pagada y mandar el pago a una dirección predeterminada o proveer la información de esta tarjeta por teléfono.

Su cooperativa eléctrica nunca se pondrá en contacto con usted para obtener información personal o sobre su cuento. Si jamás duda de la identidad de alguien que declara representar su cooperativa por teléfono, por favor cuelgue y llama a su cooperativa utilizando el número de teléfono en su factura o en otro documento oficial.


America's Electric Cooperatives
Farm Energy Costs and Potential Savings
Irrigation
Energy Use by Farm Type in trillion Btu
Oilseed and Grain 163
Cattle Feedlots 156
Dairy 83
Poultry 63
Greenhouse, Nursery 46
Fruit and Tree 37
Hog and Pig 31
$2.6 billion annually
Direct and indirect
Energy costs add up to
13%
of a farm's production expenses.
Ways to $ave Energy
Use the animal housing, irrigation, nitrogen, tillage, and grain drying energy calculators at
EnergyTools.sc.egov.usda.gov
Efficient lighting saves up to 75%
Irrigation pump and motor efficiency saves up to 25%
Better dairy pumps, compressors, and lighting can save 10% to 35%
Sources: USDA Impacts of Higher Energy Prices on Agriculture and Rural Economies; EnSave; American Council for an Energy Efficiency Economy On-Farm Energy Use Characterizations; National Sustainable Agriculture Information Service Energy Tips for Irrigators

Energy Efficiency Tip

Lighting accounts for about 13 percent of the average household's electric bill — cut costs by choosing new lightbulbs that have increased output and longevity. Some cost more up front, but prices are dropping as technology advances. Options include color, brightness, and even dimming and multi-way functions. Combining lights with automatic sensors can cut costs further.

Source: NRECA's Cooperative Research Network

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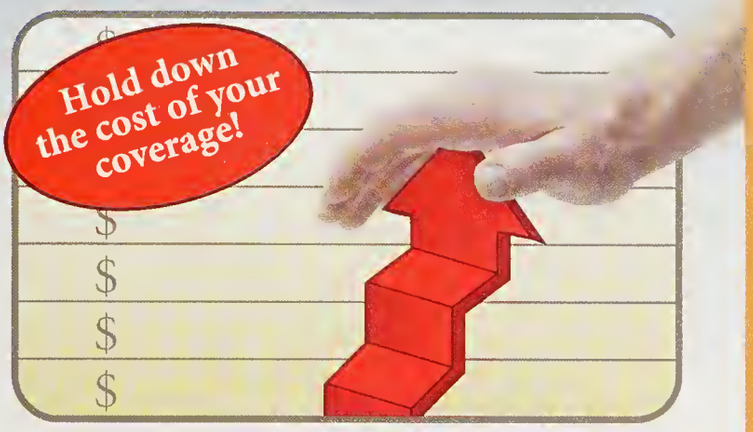

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50-54	$36.00	$30.00	$25.50	$21.30	$18.50	$15.50	$11.50	$9.70
55-59	$45.00	$37.50	$31.80	$26.55	$23.00	$19.25	$14.20	$11.95
60-64	$55.00	$42.00	$38.80	$29.70	$28.00	$21.50	$17.20	$13.30
65-69	$66.00	$51.00	$46.50	$36.00	$33.50	$26.00	$20.50	$16.00
70-74	$89.00	$69.00	$62.60	$48.60	$45.00	$35.00	$27.40	$21.40
75-79	$121.00	$98.00	$85.00	$68.90	$61.00	$49.50	$37.00	$30.10
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AFN42302_0210

How to operate a portable generator safely

You can use a portable generator to supply electricity to your appliances if an emergency exists during a power outage. But if used improperly it can kill you and the people who are restoring power to your building. A generator also can damage the appliances you connect.

Home emergency generators are usually powered by gasoline, which itself is dangerous and must be properly handled outdoors.

Generator sizes vary. Units capable of handling from 3,000 to 6,000 watts (including starting surge requirements) can power multiple "survival" appliances such as a refrigerator, sump pump and furnace fan. Units putting out 7,000 to 9,000 watts can power a few rooms (not including a central air conditioner). The bigger generators for 10,000 watts or more can power a small house.

Before connecting the generator to your household circuit, notify your electric cooperative.

Use the right size generator

To determine the size you'll need, make a list of appliances you want to run in the event of an outage. Find both starting and running wattage requirements on appliance nameplates or in owner's manuals; then add them up to determine the total wattage. Although the starting wattage will last for only a few seconds, the generator must be able to meet it to run safely. Once you have a total, scale the generator up a size or two to ensure safe, efficient operation.

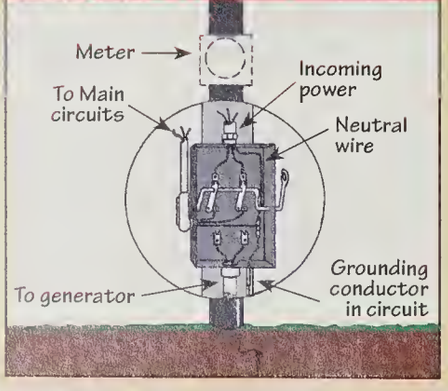
This is the 12th in a series produced by the North Carolina Association of Electric Cooperatives.

WARNING: If you connect a portable electric generator to the main electrical supply coming into the house, the electrical generator could feed back into your electric cooperative's system and electrocute workers who are repairing the electrical lines.

To avoid back-feeding of electricity into utility systems, you must have a qualified, licensed electrician install a double-pole, double-throw transfer switch (see illustration) between the generator and utility power in compliance with all state and local electrical codes. (A minimum of 10-gauge wiring must be used.)

Your generator might not be large enough to handle the load of all the lights, appliances, TV, etc., at one time. To prevent dangerous overloading, refer to the owner's manual and calculate wattage requirements correctly.

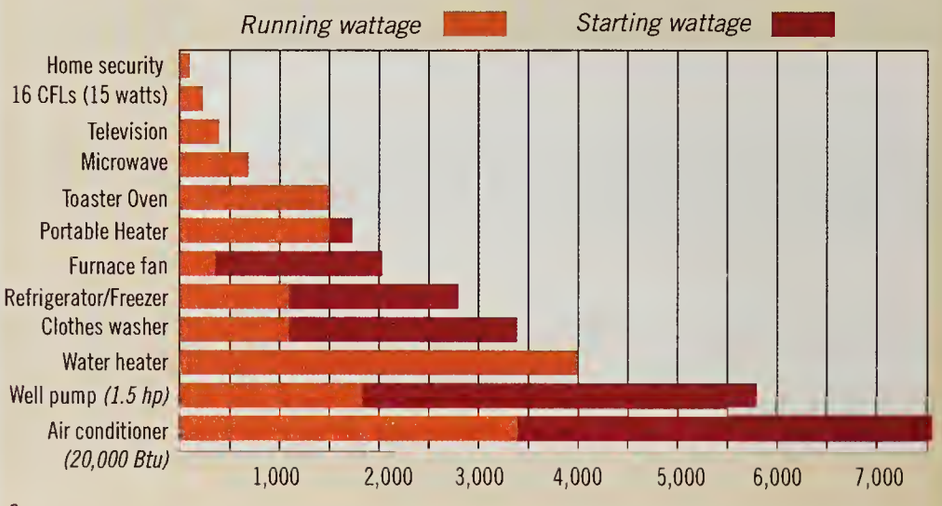
Typical Double Pole, Double Throw Transfer Switch for 120/240-volt single-phase service



The Right **Portable Generator** for the Job

Before purchasing or operating a portable generator, make a list of the appliances you will need to run at the same time. Find both starting and running wattage requirements on appliance nameplates or in owner's manuals; add them up to determine the total wattage your generator should handle.

Sample running wattages, as compared to spiked starting wattages:



Sources:
North Carolina Association of Electric Cooperatives; National Rural Electric Cooperative Association

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s an electric co-op member, your household has a say in how the co-op is run.
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Energy + sustainability = a bright future for rural students

The STEM program of NC New Schools makes college-level learning more accessible for high school students

By Margaret Buranen / Photos courtesy of NC New Schools

In school this past year 15-year-old Maddy Leaman had fun "learning how to make paper out of recycled materials, but my favorite class would have to be the Engineering Design class." Maddy hopes to go into some field of engineering after she graduates in 2015. She has enjoyed learning about and studying "the processes that go into making things like wind turbines and solar panels."

Maddy's classmate, 16-year-old John Clark, has learned about energy "working with the agricultural teachers to make our greenhouse more sustainable." He wants to earn a degree in veterinary medicine from North Carolina State University.

Students like Maddy and John in small rural North Carolina high schools might seem to be at a disadvantage. Opportunities to receive the kind of education that will lead to a high-paying technological or scientific professional career probably aren't numerous. But Maddy and John have a big advantage over other high school students, even those in the state's largest cities. They are enrolled in the STEM Academy at Avery County High School.

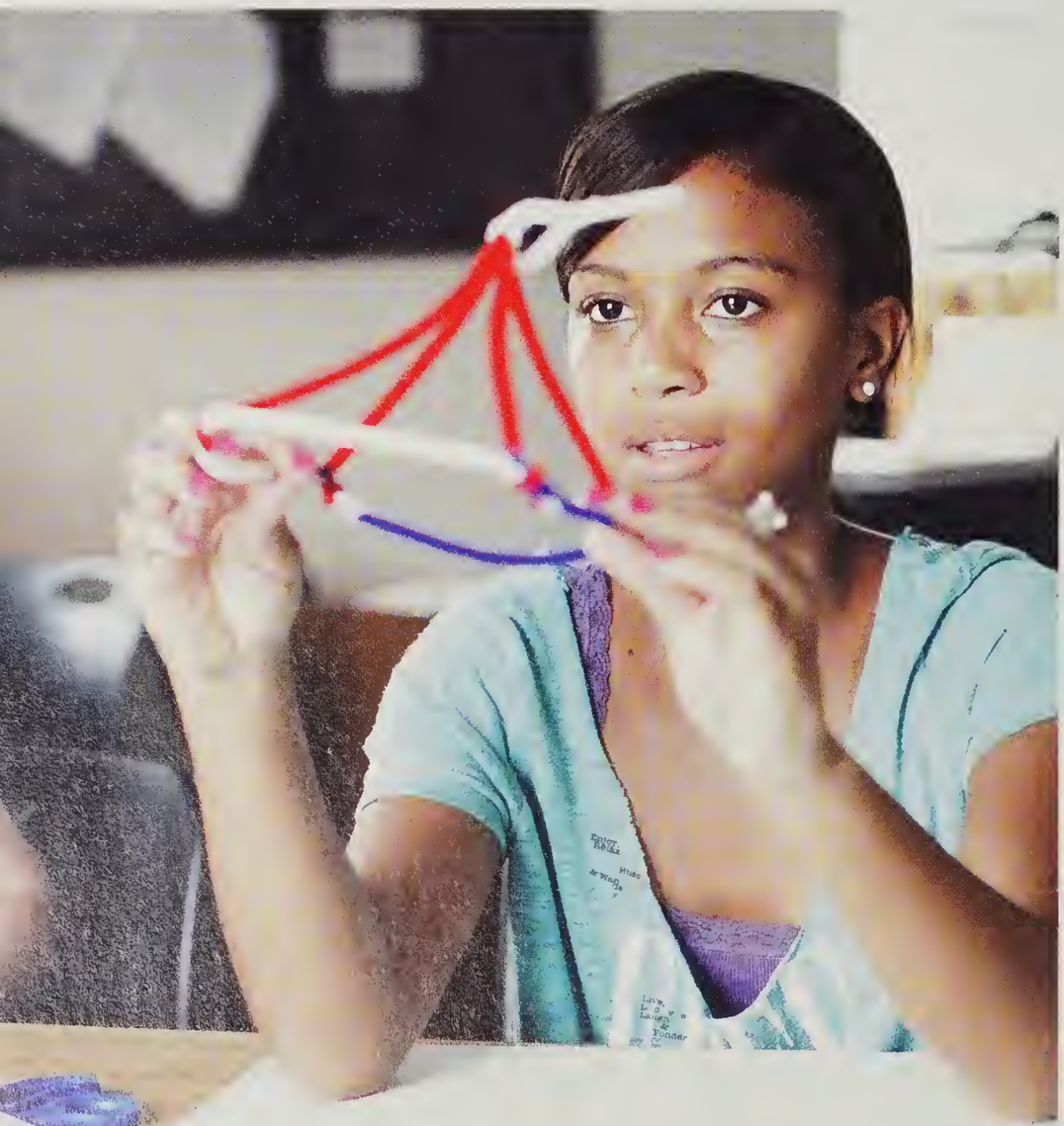
STEM — Science, Technology, Engineering, and Math — is a growing trend in high school education nationwide. Programs vary, but they emphasize STEM subjects and collaborative learning.

In STEM schools with an Early College structure, students earn college credits for free while still in high school. They usually can enter these schools as ninth graders. They take one college class their first year. Each year they take more college classes and fewer high school classes.

"The majority of our students stay for five years, graduate from high school, and earn an associate's [two-year college] degree," said Katrenna Rich, principal of Edgecombe Early College STEM High School in Tarboro. She added that some students take extra college courses so that they earn both A.A. and A.S. degrees. Others earn trade certifications, too.

This Early College format was designed to serve students who are less likely to attend college. Their parents didn't attend college, they are underrepresented in the college population (by geography, ethnic background, socio-economic status), or they are at risk for dropping out.

Kim Davis serves as principal of the STEM Academy within Avery County



Tanashia Richardson at Edgecombe Early College learns mathematical concepts by constructing a kite model. The class also used kites in studying aerodynamics, and they read the novel "The Kite Runner."

High School in Newland. Student enrollment is about 110. Davis enjoys "watching how engaged the students are. When they are in the classroom they're not just sitting there listening to a teacher. They get to pick their own topic, they get to try things, they get to work together."

The students soon realize that figuring out problems and completing projects—student-centered learning—is more difficult than just memorizing material. Each student is held accountable for group work. Writing, to develop critical and creative thinking, is part of each class.

"Our philosophy is that every student should be reading, writing, talking and thinking in every class every day," said Nicole Murray, principal at Duplin Early College High School in Kenansville. Murray is pleased that the Duplin County School System is planning to implement Early College strategies system-wide. "We know these strategies have been vetted and are good for the students. Now every child will get these opportunities," she said.

Prospective students for Early College STEM schools apply as eighth graders. Their selection depends on interviews and recommendations from their teachers.

"We've had a hard time recruiting boys because Edgecombe Early College doesn't have an athletic program. We get out later than high schools do so they would have to miss class to make team practice. They can't miss class," principal Katrenna Rich said.

This is not easy, but students stick to it

Students attracted to such a rigorous program with a longer school day tend to be the ones who are motivated to do the extra work. They're eager to learn and willing to challenge themselves. Still, doing high school and college at the same time with a new learning style isn't easy.

"The biggest challenge for students is to grow up faster in every aspect—cognitive, social, emotional," explained Rich.

That's particularly so for ninth graders. The previous year, they were in team teaching classes. Now, Rich said, "they have individual teachers they're

Jaki Wilson is a student at Wake NCSU Early College High School. She is testing her hypothesis in an earth science lab.

accountable to. They won't be in high school with their friends and they're in a college class with grown people."

Students' grades often drop during the first semester of STEM. As they adjust to higher expectations and collaborative learning their grades rise. Still, Davis said that some parents are more concerned about the lack of A's than they are about content and long-term benefits. What helps the STEM students survive, and ultimately thrive ("We lose very few students," Rich said) is an incredible amount of support from their teachers.

"Every adult in the building knows every child, and not just their names," Duplin's Nicole Murray said.

Murray and Rich concurred with Avery County's Kim Davis when she said that another benefit of STEM education is that "we have many fewer discipline issues than before."

Innovative teaching

This type of learning means extra work for the teachers, too. "North Carolina New Schools requires extensive professional development," Rich said. "Our teachers definitely have to have a buy in to lifelong learning."

Teachers in different classes often integrate their subjects. For example, John Clark's favorite project has been "working with worms [vermiculture-worm composting] in my English class and Horticulture class."

Edgecombe students read the novel "The Kite Runner" in English class. In math class they learned math and geometry concepts by constructing kite models. In science they studied aerodynamics through kite flying. A battle of kites taught them some history.

Davis has been surprised by "how much kids do step up to what's expected of them." Another surprise is "how many community members want to support us. For example, Mountain Electric (a Tennessee-based electric cooperative) sent people to teach the kids how to do an energy audit."

Murray recalled what happened when a Duplin earth science teacher asked a pizza shop owner for some cardboard boxes for the students' solar experiments. Instead of giving her those boxes, the business owner made some wooden boxes so they could be reused by future classes.

Duplin students have studied how to save energy and reduce their carbon footprint. Next year they'll focus on gathering and interpreting data. An engineer from a firm in Raleigh will help them do energy audits and learn how data influences scientific research and solutions to problems.

Murray said that for students a STEM Early College high school "is really making them future-ready. These kids see that a college education is reachable."

Margaret Buranen wrote about North Carolina storytellers in the March 2013 magazine. She lives in Kentucky.

Supported by Electric Cooperatives

These three STEM schools are within the group of NC New Schools that focuses on energy and sustainability. Additional curriculum areas of focus include biotechnology and agriscience, aerospace, health and life sciences. The program has been supported for the past three years by North Carolina's Touchstone Energy cooperatives. NC New Schools rely on support from private and public interests to fund their programs. The state's business leaders are working with North Carolina schools to scale STEM education statewide to better align innovative education with workforce development.

For more information, see www.ncnewschools.org

A Duck Story

By Sandra Miller / Photography by Melissa Hobson

After Morgan Hobson's Forbush Elementary kindergarten class in 2002 hatched some duck eggs in an incubator, his parents, Mark and Melissa Hobson, let him choose two ducks to take care of until they were large enough to release on their Yadkin County pond. At that point, 5-year-old Mo didn't know what kind of ducks they were or their gender. But he chose two and named them Donald and Daisy. He could tell them apart by their toenails: Donald's were orange and Daisy's were black.

Mark used chicken wire to construct a 10-by-10-foot lot and attached it to their barn. He added a small pool for the ducks to swim in. After he tended the ducks for a couple of weeks in a box in the basement, Mo moved Donald and Daisy to their new home that now included an old window air conditioner case as a shelter.

Every day Mo fed them duck food, grass and small bugs and let them out to play. The three of them bonded and became great subjects for Melissa's photography hobby. Mo taught the ducks to play soccer—his favorite sport—by rolling the ball between them while the ducks lunged for it and pushed the ball around the yard. Mo knew it would be hard to let them go, but that was the plan from the start: nurture them until they were big enough to release.

Eventually, Mo's choice for names fit. Donald became a beautiful male mallard and Daisy a female mallard, but with some peculiarities. "Daisy can't fly high like Donald," Mo told his parents one day. Some of her wing feathers were growing straight up. But the two ducks were definitely mates because, as Mo recalls, "Daisy would get very loud and upset until I left Donald alone, and she didn't like for Donald to be very far from her sight." Daisy laid a few eggs but only one hatched, and the duckling died.

When the time came for their release, the ducks followed Mo to the pond. He gathered Donald into his arms one last time while Daisy watched, quacking hard. Mo tossed him out over the water, then tossed Daisy out there, too. But Donald flew back and Daisy paddled right back to the bank. Mo tried to ignore them and walked up the hill toward home, thinking they'd eventually realize they were free. But Donald and Daisy would not be separated from their friend who had taken such good care of them. They returned to the only home they'd known. Mo tried several times to convince them they'd be happier on their own, but to his delight, they would have none of it.

One morning, Mo discovered Daisy missing. Something had dug under the wire, and there was no trace of her. But Donald is still strong and playful 11 years later, and he loves to have fresh water in his pool each day.

Mo is now a junior at Forbush High School, playing on the varsity soccer team, running track, and thinking about college. But he still cares for Donald, faithfully cleaning his lot with a hose, feeding him, letting him out to play in the yard. His advice for anyone wanting ducks for pets: "Keep them in a good, safe environment, and if they want to be free, let them, but also let them get used to the environment first, to see if they can handle it."

Ask Mo if he thinks Donald misses Daisy: "He misses her. But he's happy to be free of the nagging."

The Hobsons live in Yadkin County and are members of Surry-Yadkin Electric Membership Cooperation. Sandra Miller is a freelance writer in Yadkin County and author of "When Mountains Move," a memoir.

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Local Peaches

Fresh peaches and ice cream can make your summer

Story and photos by Hannah Miller

A dark brown, 10-year old mutt named Lily at Pee Dee Orchards roadside market spends her summer afternoons eating ice cream and, from time to time, cooling off in the peach cooler. The rest of the time, she entertains hundreds of travelers on U.S. 74 who stop by the market for homemade ice cream on their way to and from North Carolina and South Carolina beaches. The place is located just west of the Pee Dee River, in the heart of Pee Dee EMC territory.

On a recent Sunday afternoon, Junior Thomas, a home remodeler from Hickory and member of Rutherford EMC, asked how you wake up Lily. She lay near his feet as he relaxed in a rocking chair in the former peach packing shed. "Plenty of ice cream," replied Stephen Greene. He's the son of the orchard owners, Chesley and Andrea Greene, and he and his sister, Susan Fowler, sell ice cream and pies at a nearby window.

"I ain't sharing mine," Thomas announced.

Roadside refreshment

Some 25 miles north, near Candor in east Montgomery County, beach-bound travelers on U.S. 220 (I-73/74) can sit in the shade of a gazebo and a picnic shelter outside Johnson's Peaches to enjoy that farm market's homemade ice cream and peach dumplings.

"It's so cool and pleasant out here," said Barbara Nixon one recent day. She and her husband, Roger, and two friends, Bill and Patsy Hooper, were returning home to the Booneville/Elkin area from a beach trip. First-timers at Johnson's, the Nixons came because their son-in-law recommended it. "He loves this ice cream," Barbara Nixon said.

Pee Dee Orchards and Johnson's Peaches are two of many farm markets across the country offering customers enticing extras along with fresh produce. Blessed with locations directly on the main routes to North Carolina and South Carolina beaches, Pee Dee Orchards branched out into ice cream in the mid-1990s, and Johnson's did in 2000. Both use their own peaches for flavoring, Pee Dee uses its scuppernongs, and they both offer other popular flavors.

Pee Dee Orchards gets traffic heading east and Johnson's gets it heading south. "We have lots of people out of Ohio and West Virginia," Barbara Johnson says. She

Chesley Greene (far left) and his wife, Andrea, serve with smiles from their Pee Dee Orchards in the heart of Pee Dee EMC territory. The dog, Lily, is a fixture there at its roadside market and has been known to partake of the peach ice cream. Betty Thompson makes peach dumplings at Johnson's Peaches that people return to get year after year. Enjoying Johnson's peach ice cream (far right) are Patsy Hooper, Barbara Nixon and Roger Nixon. The advantage at these markets is that the peaches are picked when ripe.

and Garrett Johnson, who own the place, are also members of Pee Dee EMC.

A water sculpture burbles in the yard at the Johnsons' state-of-the-art, 6,000-square-foot market (opened in 2012) and produce is arrayed across a front porch. Barbara shares the spacious ice cream facility inside with the Johnsons' cousin, Betty Thompson, who makes peach dumplings by the dozens. When the market opens in mid-May, says Barbara, customers say, "I've been waiting all winter for these peach dumplings."

The families' entry into ice cream coincided with a change in the Sandhills peach industry, which was once a shipping center. "Nobody in North Carolina is shipping peaches," says Chesley Greene, who grows 25 varieties on 150 acres. Instead, the Greenes and Johnsons and their neighbors sell through farmers markets, farm-to-table organizations and roadside markets.

In May, when peaches are just coming in for Pee Dee Orchards, Susan's and Stephen's ice cream will bring in more dollars than peaches do. But that's reversed in June. At Johnson's, too, ice cream is just an extra, while peaches —"That's our livelihood," says Barbara Johnson.

To their customers, the markets are a chance to take a break from driving and be greeted by a friendly smile. "You have fun," Barbara Johnson instructs one as she hands an order out the window.

And quite a few fresh peaches go home with the refreshed multitudes. As he got out of his rocking chair and prepared to hit the road, Junior Thomas told his daughter, Carol Lattimore: "Let's get two of them bags of peaches."

Hannah Miller is a Carolina Country contributing writer based in Charlotte. See more of her pictures at carolinacountry.com

Want to Go?

Johnson's Peaches
Exit 22, U.S. 220,
5 miles south of Candor
Hours: 8 a.m.–6 p.m. daily.
Phone: (910) 974-7730
johnsonspeaches.com

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U.S. 74, ½ mile west of Pee Dee River
Hours: 8 a.m.–8 p.m. daily.
Phone: (704) 695-4187

PEACH ICE CREAM

N.C. Department of Agriculture & Consumer Services, ncagr.gov

- 3 cups peach pulp
- Ice and ice cream salt
- 2 quarts milk
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 1 pint whipping cream
- 2 cups sugar
- ¼ teaspoon almond flavoring
- 4 eggs, slightly beaten

To the peach pulp add the lemon juice and 1 cup of the sugar--all to stand 1 hour. Add the other cup of sugar and salt to the beaten eggs, then blend in half of the milk. Cook this sugar, egg and milk mixture over boiling water to make a thick custard. Cool. Add the remainder of milk, the cream that has been partially whipped, the flavoring, and sweetened peach pulp. Freeze using 1 part salt to 6 parts ice.

Makes 1 gallon.

More peaches

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HARBOR FREIGHT TOOLS

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How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply other major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 400+ Stores Nationwide and use this 20% Off Coupon on one of our 7,000 products*, plus pick up a Free 9 LED Aluminum Flashlight, a $6.99 value. We stock Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Woodworking Tools, Welders, Tool Boxes, Generators, and much more.

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NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!

SUPER COUPON!

US★GENERAL 580 LB. CAPACITY FOUR DRAWER TOOL CART

LOT NO. 95659/61634

SAVE $160 $99.99 REG. PRICE $259.99

Item 95659 shown

37834679

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SUPER COUPON!

8 FT. 4" x 11 FT. 6" FARM QUALITY TARP

LOT NO. 2707/60457/69197

SAVE 41% $6.99 REG. PRICE $11.99

Item 2707 shown

91752374

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SUPER COUPON!

CENTRALPNEUMATIC 2.5 HP, 21 GALLON, 125 PSI VERTICAL AIR COMPRESSOR

LOT NO. 67847/69091/61454

SAVE $70 $149.99 REG. PRICE $219.99

Item 67847 shown

83634757

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SUPER COUPON!

18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK

drill master

Includes one 18V NiCd battery and charger.

Item 68239 shown

LOT NO. 68239/69651

SAVE 54% $15.99 REG. PRICE $34.99

91626774

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SUPER COUPON!

ELECTRIC PAINT SPRAY GUN

KRAUSE & BECKER

LOT NO. 47274/60446

SAVE 40% $14.99 REG. PRICE $24.99

Item 60446 shown

66434647

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SUPER COUPON!

FREE!

WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

ITEM 65020/69052/69111

Item 65020 shown

REG. PRICE $6.99

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores or HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 11/29/13. Limit one coupon per customer per day.

32615728

SUPER COUPON!

PITTSBURGH 12" RATCHET BAR CLAMP/SPREADER

LOT NO. 46807/68975/69221/69222

SAVE 66% $1.99 REG. PRICE $5.99

Item 46807 shown

63839976

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SUPER COUPON!

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE

NEW!

CHICAGO ELECTRIC POWER TOOLS

Item 69684 shown

LOT NO. 98194/69684

SAVE $176 $123.99 REG. PRICE $299.99

81747015

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SUPER COUPON!

4-1/2" ANGLE GRINDER

drill master

Item 95578 shown

LOT NO. 95578/69645/60625

SAVE 50% $9.99 REG. PRICE $19.99

13044319

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SUPER COUPON!

Haul Master

2 PIECE STEEL LOADING RAMPS

LOT NO. 44649/69591/69646

SAVE 50% 1000 LB. CAPACITY $39.99 REG. PRICE $79.99

Item 44649 shown

83427249

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SUPER COUPON!

- Stainless steel with copper finish

STAINLESS STEEL SOLAR LIGHT SET PACK OF 10

Includes ten AAA 1.2v NiCd batteries (One for each fixture)

LOT NO. 66249/69461/60560

Item 66249 shown

One Stop GARDENS

SAVE 60% $19.99 REG. PRICE $49.99

50431360

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SUPER COUPON!

20% OFF

ANY SINGLE ITEM!

LIMIT 1 - Save 20% on any one item purchased at our stores or HarborFreight.com or by calling 800-423-2567. *Cannot be used with other discount, coupon, gift cards, Inside Track Club membership, extended service plans or on any of the following: compressors, generators, tool storage or carts, welders, floor jacks, Towable Ride-On Trencher (Item 95162), open box items, in-store event or parking lot sale items. Not valid on prior purchases after 30 days from original purchase date with original receipt. Non-transferable. Original coupon must be presented. Valid through 11/29/13. Limit one coupon per customer per day.

25404736

SUPER COUPON!

LOT NO. 93888/60497 **MOVER'S DOLLY**

Haul Master

1000 LB. CAPACITY

Item 93888 shown

SAVE 46% $7.99 REG. PRICE $14.99

40845028

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SUPER COUPON!

WIRELESS DRIVEWAY ALERT SYSTEM

Bunker Hill Security

Item 93068 shown

LOT NO. 93068/69590

SAVE 56% $12.99 REG. PRICE $29.99

51687300

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SUPER COUPON!

AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN

CHICAGO ELECTRIC WELDING

LOT NO. 91214

SAVE 50% $39.99 REG. PRICE $79.99

68428269

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SUPER COUPON!

17 FT. TYPE 1A MULTI-TASK LADDER

LOT NO. 67646

23 CONFIGURATIONS

300 LB. CAPACITY

SAVE $55 $114.99 REG. PRICE $169.99

20763780

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SUPER COUPON

Item 46163 shown

15" x 13" ALL PURPOSE SHOP TOWELS PACK OF 50

LOT NO. 46163/ 68442/69649

SAVE 43%

$8.99

REG. PRICE $15.99

87918155

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 11/29/13. Limit one coupon per customer per day

SUPER COUPON

29 PIECE TITANIUM NITRIDE COATED DRILL BIT SET

drill master

LOT NO. 5889

SAVE 60%

$9.99 REG. PRICE $24.99

33474131

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 11/29/13. Limit one coupon per customer per day.

SUPER COUPON

RAPID PUMP® PITTSBURGH 1.5 TON ALUMINUM RACING JACK

"The Undisputed King of the Garage" – Four Wheeler Magazine

3-1/2 PUMPS LIFTS MOST VEHICLES!

LOT NO. 68053/69252/60569

SAVE $60

WEIGHS 27 LBS.

$59.99 REG. PRICE $119.99

Item 68053 shown

26027118

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SUPER COUPON

MECHANIC'S GLOVES

LARGE LOT NO. 93640/60447 | X-LARGE LOT NO. 93641/60448

YOUR CHOICE!

Item 93640 shown

SAVE 64%

$3.59

REG. PRICE $9.99

42454646

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SUPER COUPON

2.4" COLOR LCD DIGITAL INSPECTION CAMERA

CEN-TECH

LOT NO. 67979

SAVE $60

$69.99 REG. PRICE $129.99

28461628

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SUPER COUPON

Item 68236 shown

CENTRALPNEUMATIC 17 PIECE AIR TOOL ACCESSORY KIT

LOT NO. 68236/61449

SAVE 50%

$4.99 REG. PRICE $9.99

39435102

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SUPER COUPON

RECIPROCATING SAW WITH ROTATING HANDLE

SAVE 50%

LOT NO. 65570

CHICAGO ELECTRIC POWER TOOLS

$19.99 REG. PRICE $39.99

53052428

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SUPER COUPON

4 PIECE 1" x 15 FT. RATCHETING TIE DOWN SET

LOT NO. 90984/60405/61524

SAVE 52%

Item 90984 shown

$7.99 REG. PRICE $16.99

42154105

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SUPER COUPON

Item 68528 shown

• 70 dB Noise Level

SUPER QUIET!

3200 RATED WATTS/ 4000 MAX. WATTS PORTABLE GENERATORS (212 CC)

PREDATOR GENERATORS

SAVE $200

LOT NO. 68528/ 69676/69729/ | LOT NO. 68527/ 69675/69728, CALIFORNIA ONLY

$299.99 REG. PRICE $499.99

86729634

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SUPER COUPON

ELECTRIC CHAIN SAW SHARPENER

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 68221/93213

Item 68221 shown

SAVE 44%

4-1/4" GRINDING WHEEL INCLUDED

$27.99

REG. PRICE $49.99

83218472

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SUPER COUPON

TORQUE WRENCHES

PITTSBURGH PRO

ACCURACY WITHIN ±4%

SAVE 71%

"Impressive Accuracy, Amazing Value" – Car Craft Magazine

YOUR CHOICE! $9.99 REG. PRICE $34.99

1/4" DRIVE LOT NO. 2696/61277

3/8" DRIVE LOT NO. 807/61276

1/2" DRIVE LOT NO. 239

Item 239 shown

36642680

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SUPER COUPON

30", 11 DRAWER ROLLER CABINET

LOT NO. 67421/61485

US★GENERAL

SAVE $150

INCLUDES:
- 6 Drawer Top Chest
- 2 Drawer Middle Section
- 3 Drawer Roller Cabinet

$149.99 REG. PRICE $299.99

Item 67421 shown

18871364

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SUPER COUPON

12 VOLT, 80 WATT CONTINUOUS/ 125 WATT PEAK POWER INVERTER

CHICAGO ELECTRIC POWER SYSTEMS

SAVE 25%

LOT NO. 66944

$14.99 REG. PRICE $19.99

49528651

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SUPER COUPON

NEW!

COLOR SECURITY SYSTEM WITH TWO CAMERAS AND FLAT PANEL MONITOR

Bunker Hill Security

LOT NO. 60565

SAVE 40%

$59.99

REG. PRICE $99.99

66814245

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SUPER COUPON

BADLAND

Item 68146 shown

LOT NO. 68146/ 61258/61297

2000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

SAVE $50

$49.99 REG. PRICE $99.99

49144813

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SUPER COUPON

Haul Master

1000 LB. CAPACITY SWING-BACK TRAILER JACK

Item 41005 shown

LOT NO. 41005/69780

SAVE 42%

$19.99 REG. PRICE $34.99

59750170

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SUPER COUPON

Haul Master

Item 90154 shown

• DOT certified

1195 LB. CAPACITY 4 FT. x 8 FT. HEAVY DUTY FOLDABLE UTILITY TRAILER

SAVE $150

LOT NO. 90154/69914

$249.99 REG. PRICE $399.99

19951851

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SUPER COUPON

1-1/4 GALLON SPRAYER

LOT NO. 95692

One Stop GARDENS

SAVE 42%

$7.99 REG. PRICE $13.99

42603810

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NORTH CAROLINA LOCATIONS
SHARE IN MOVIE SPOTLIGHTS

Cheoah Dam "The Fugitive"

Inn at Rodanthe "Nights in Rodanthe"

Henry River Mill Village "The Hunger Games"

Southport "Safe Haven"

This summer, North Carolinians have been enjoying spotting scenes shot in their own locales in recently released, high-profile movies. For "Iron Man 3" (a high-tech adventure starring Robert Downey Jr. and Gwyneth Paltrow), filmmakers used sites in coastal Wilmington, Oak Island and suburban Cary. Some of its most dramatic scenes took place at the State Port in Wilmington, with smoke, gunfire and a buzzing helicopter lighting the night sky above the giant, mechanized shipping port, and in the coastal town of Oak Island, where stuntmen parachuted onto its beach.

To stage scenes set in the Chattanooga, Tenn., area, "Iron Man 3" filmmakers headed to the coastal plain in Duplin County. In Rose Hill, across East Church Street from the Trading Co. of Rose Hill, they transformed two vacant shops into the First Tennessee Bank and The RockyTop restaurant. They used Kenan Memorial Auditorium in Kenansville as the backdrop to Miss Chattanooga's Christmas pageant in the movie.

Southport stars as itself in "Safe Haven," a romance-mystery based on the novel by New Bern resident Nicholas Sparks. The film, starring Julianne Hough and Josh Duhamel, has scenes of several real-life Southport storefronts and restaurants including the Old American Fish Co., which was transformed into Ivan's Fish Shack (where Katie worked as a waitress), and Fishy Fish Café, which appears as the Safe Haven General Store. "Safe Haven" also filmed in Fort Fisher Recreation Area (where Alex and Katie kiss).

Popular movie sites

"Iron Man 3" and "Safe Haven" join more than 800 movies shot in North Carolina, a top 10 choice for filmmakers for decades. Here are some other places from popular movie to recognize:

Hickory Nut Falls

Of all the epic North Carolina scenery in "The Last of the Mohicans," this 404-foot cascade probably stops the most hearts. The falls and surrounding cliffs are at Chimney Rock State Park in Rutherford County. chimneyrockpark.com

DuPont State Recreational Forest

The forest and its waterfalls, located between Hendersonville and Brevard, add the force of nature to the deadly action in "The Hunger Games" and "The Last of the Mohicans." dupontforest.com

Orton Plantation

Built in the 1700s on the Cape Fear River, the plantation has been seen in dozens of films, including "Firestarter," "Crimes of the Heart" and "Divine Secrets of the Ya-Ya Sisterhood." ortonplantation.com

Lake Lure

The "Dirty Dancing" script said Catskills, but the movie's magic actually came from this scenic lake in Rutherford County. The area's annual Dirty Dancing Festival is scheduled this year for August 16-18. dirtydancingfestival.com and lakelure.com

Inn at Rodanthe

Fans of the romance film "Nights in Rodanthe" fell in love with the beach house rental used in the film. Originally called Serendipity, the Hatteras Island house was rechristened "Inn at Rodanthe" to match its screen name and later was relocated to escape the encroaching sea. outerbanks.org

Historic Durham Athletic Park

This quaint, beloved park gave this movie a lot of authenticity and can still be seen today, as can the house where Annie Savoy (Susan Sarandon) lived (911 N. Mangum St.) The city of Durham always gets the credit for "Bull Durham," but the batting cages scene was filmed in Garner and that initial meeting between Kevin Costner and Tim Robbins was filmed at Mitch's Tavern in Raleigh. durhamathleticpark.com

Cheoah Dam

The signature confrontation in "The Fugitive" comes early on when Richard Kimble (Harrison Ford) makes a leap of faith from this 225-foot hydroelectric dam in Graham and Swain counties. Other scenes were shot at the Great Smoky Mountains Railroad and in Bryson City and Sylva. greatsmokies.com/known.html

Sources: North Carolina Division of Tourism, Film and Sports Development; Marvel Entertainment; The Hollywood Reporter.

Breakthrough technology converts phone calls to captions.

New amplified phone lets you hear AND see the conversation.

Hello mrs fleming this is dr martin how are you today? I just wanted to give you an update on your new prescription
Press ▲ to Review the Conversation
SEE what you've been missing!

The Captioning Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, the Captioning Telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. The captioning function can be turned on as needed. Each call is routed through a call center, where computer technology – aided by a live representative – generates immediate voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny – all you need is a high-speed Internet connection from any Internet provider and a standard phone line. Callers do not need special equipment or a captioning phone in order to speak with you.

Finally... a phone you can use again. The Captioning Telephone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

See for yourself with our exclusive home trial. Try the Captioning Telephone in your own home and if you are not completely amazed, simply return it within 30-days for a refund of the product purchase price.

Captioning Telephone

Call now for our special introductory price!

Call now Toll-Free

1-888-749-4785

Please mention promotion code 50462.

80676

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone.

The Rural Electric Youth Tour to Washington

June 15-21, 2013

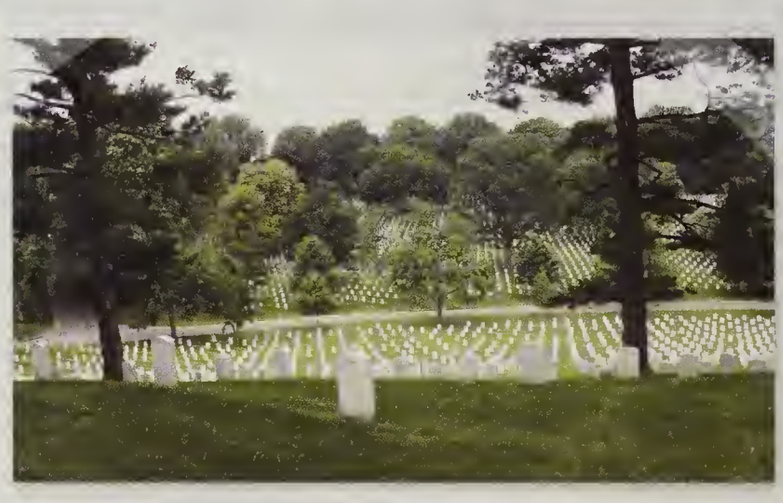
In June, 33 high school juniors and seniors sponsored by 16 of North Carolina's electric cooperatives visited the nation's capital, accompanied by six advisors. Besides seeing historic and cultural sites, the group learned about the cooperative business model and met with their representatives in Congress. Here is a selection of their photographs.

Clouds over the Capitol, June 19.
—Morgan Dunn, Dunn, South River EMC

The Tomb of the Unknown Soldier in Arlington National Cemetery when our four representatives were laying the wreath on the tomb. They are (from left) Keigan Parker, Energy United; Jesse Bunton, Rutherford EMC; Hannah Stutts, Wake EMC; Alec Linton, Tri-County EMC.
—Taylor Anne Radford, Swansboro, Jones-Onslow EMC

Dylan Blackburn of Clinton (South River EMC) at the Vietnam Memorial.
—Denise Gavin, Rutherford EMC, advisor

I captured the WWII Memorial, the Washington Monument and the American flag all in one picture.
—Hannah Danielle Stutts, Franklinton, Wake EMC



Arlington National Cemetery. The cost of freedom. —Padraic Hohenstein, Hertford, Albemarle EMC

See More photos and videos from the 2013 Youth Tour, go to carolinacountry.com

Low-cost makeover

Painting cabinets in the kitchen and bath

Are your cabinets ready for a change? New cabinetry in a kitchen or bath is the dream of many homeowners, but the price can simply be too steep for some. If you are on a budget, there's a great alternative: spend $100 or so to give your kitchen or bath cabinetry a whole new look with paint.

Painting cabinets is faster and easier than replacing them. With a little imagination and a couple cans of paint, you can transform a dated, worn look into something distinctive and special to enjoy for years to come.

Begin by figuring out your color scheme. Try visiting the websites of major paint companies. Many have idea centers with paint palettes designed by professional colorists, and "visualizing" tools that allow you to pre-test your color choices online. Local hardware stores usually have paint samples you can bring home. Put them in the room you will be working in, and see how they look against counters, walls and other nearby elements.

Prep and paint

Surface preparation is important when painting cabinetry. Start by removing the hinges, knobs and cabinet doors—this will spare you a lot of stretching, stooping and bending during the project. If you're going to re-use the hardware, put these items in a bag so they don't get lost.

Scrub the kitchen cabinets and doors with a degreasing solution to remove dirt and grime. When they've dried, sand your wood or metal cabinets to remove any loose paint and to provide better "tack" for the new coating. Use a damp cloth to wipe off any dust created by the sanding.

If bare wood or metal is exposed—either due to the sanding or from ordinary wear and tear—apply a quality latex primer to the entire cabinet. Be sure to use a corrosion-resistant primer if your cabinets are metal. Let the primer dry overnight.

Then paint the cabinets with a durable, top quality 100 percent acrylic latex paint, preferably in a gloss or semi-gloss finish. Paints with higher gloss are more stain-resistant and are easier to clean, important considerations in kitchens and bathrooms. If your cabinets are subject to excessive wear and tear, consider using a high quality latex gloss enamel rather than paint. It produces an even harder, tougher, more stain-resistant finish.

Finishing touches

Remember, you can paint your existing handles and knobs in contrasting colors and shades as well. Or you may want to purchase new hardware, readily available in a range of shapes, styles, sizes, colors and materials, to help change your cabinetry's appearance.

With a little imagination and a couple cans of paint, you can transform a dated, worn look into something distinctive and special to enjoy for years to come.

Ideas and techniques

For more how-to tips on home painting as well as design ideas, visit www.paintquality.com. The website's Design & Inspiration section provides videos, a digital color wheel and information on topics ranging from the psychological impact of color to decorative paint techniques.

—Home Improvement News & Information Center

Frugal fun

Pack savings into your vacations

From the Blue Ridge Parkway to the Crystal Coast, North Carolina boasts a full menu of things to see and do. Fortunately for those on a budget, there are plenty of ways to explore the state's attractions and stay within your means.

Getty Images

Don't forget the cooler when you pack the car. It makes it easier to eat healthily and affordably, and can cut down on the number of stops you make, too.

Determine your priorities

It's helpful to decide early in your vacation planning which trip items are splurge-worthy and where you can save a little money. For example, do you want to spend more on a good hotel room and less on dinners? If so, and you are staying several nights in a location, consider pledging your allegiance to a single hotel or extended stay chain. You can start racking up loyalty points and cash them in later for free nights or room upgrades.

Food options

Take a cooler on the road, and fill it with bottled water, fruit and vegetables for snacks and sandwich fixings for meals. If you will be spending all day at an amusement park, find out if the park allows you to bring in a cooler. If not, does it offer multiple choices for food such as food carts as well as restaurants? Also, does it have a designated picnic area with tables you can take advantage of? For example, White Lake Water Park in White Lake allows families to eat in picnic areas adjacent to the park.

Websites and visitors bureaus

Once you plan your itinerary, visit the website of each place you'll be visiting, as well as the location's visitors bureau for information and good deals. Increasingly, amusement parks such as Carowinds in Charlotte offer cheaper tickets online than those bought on site, so be open to buying tickets in advance. Also check to see if your workplace offers discounts to attractions, and whether the motel or hotel you are considering offers free or discounted admission to nearby attractions.

Memberships to attractions

If you have a membership to a major attraction in North Carolina, see if the membership extends to other attractions in the state. For example, if you are a member of the North Carolina Zoo Society, your membership not only gets you in the North Carolina Zoo in Asheboro for free, you can also get in free at the Western N.C. Nature Center in Asheville, Sylvan Heights Bird Park in Scotland Neck and the state's three coastal aquariums in Fort Fisher, Pine Knoll Shores and Roanoke Island.

Boosting your mileage

Before leaving your driveway, make sure your car is well-tuned and the tires are at the correct pressure. Improper tire pressure can decrease gas mileage. You can significantly increase your gas mileage by driving smoothly—rapid acceleration and continual braking use more gas. Avoid idling for long periods of time. Consider adding a combustion-enhancing fuel additive to extend your mileage between fill-ups such as Synergyn Xtra MPG (synergynusa.com). Some additives are better than others so it pays to research them.

To find the best gas prices locally, visit northcarolinagasprices.com and put in your zip code—the results yield gas station addresses, current prices and direction maps.

—Family Features.com

Writer Karen Olson House contributed to this story.

Boating and marina safety

New resources help boaters avoid electrical dangers

For many, swimming and boating are synonymous with summer fun. However, there are many electrical hazards that come along with these leisurely warm weather activities that can result in grave consequences such as onboard electrical fires and electric shock drowning.

With that in mind, Electric Safety Foundation International offers new, free, downloadable resources to help swimmers, marina operators and boaters prevent and/or avoid electrical hazards associated with swimming and boating. Offerings include separately illustrated tip sheets on electrical safety, a reference guide on boat and marina electrical safety devices and and a tool kit with information about electric shock drowning.

"Although there are reported incidents every year, there is a lack of awareness about the dangers of electric shock drowning," said ESFI president Brett Brenner. "Our objective is to educate boat operators and marina owners about the precautions they can take to prevent these incidents and other electrical injuries while out on the water."

All resources are available for download on ESFI's website, esfi.org.

The Electrical Safety Foundation International (ESFI) is dedicated to promoting electrical safety in the home and the workplace. ESFI engages in public education campaigns throughout the year to prevent electrical fires, injuries and fatalities.

All resources, including this flyer on boat and marina electrical safety devices, are available for download on ESFI's website, esfi.org.

Prevent electric shock drowning

Most electric shock drowning deaths have occurred at public and private marinas and docks.

The typical victim is a child swimming at a marina or dock where electricity is present. The electricity that enters the water and causes the drowning originates from the wiring of the dock or marina, or from boats connected to the marina's or dock's power supply.

To help prevent drowning and injuries, marinas and docks can post "No Swimming" signs and hold special events where boat owners have a licensed electrician inspect their boats.

Electricity and water don't mix

Here are some safety tips.

- Have Ground Fault Circuit Interrupters (GFCI) installed on your boat and test them once a month.
- Always maintain a distance of at least 10 feet between your boat and nearby power lines.
- Avoid entering the water when launching or loading your boat.
- Don't swim near or around marina docks or docks where electricity is present.
- If you feel a tingle while swimming, the water may be electrified. Get out as soon as possible, avoiding the use of metal objects such as ladders.
- Consider having Equipment Leakage Circuit Interrupters (ELCI) installed on boats to protect nearby swimmers from potential electricity leakage into water surrounding your boat.
- Use only shore or marine power cords, plugs, receptacles and extension cords that have been tested by Underwriters Laboratories (UL), Canadian Standards Association (CSA) or ETL SEMKO (ETL).
- Never use cords that are frayed or damaged or that have had the prongs removed or altered.
- Never stand or swim in water when turning off electrical devices or switches.

Back to school

Stay hardy with nutritious food and good hygiene

By Magen Howard

Back-to-school preparation means more than just toting a list of classroom items to the store or buying a new pair of jeans and sneakers. Consider these issues before the first bell sounds.

You are what you eat

Packing lunch ensures that you control what fuels your child's body. The National Institutes of Health recommends making lunch a family activity—kids usually want to eat what they've helped prepare.

Let your child choose from a variety of easy-to-pack snacks, like cheese sticks, baked chips, fig bars, whole fruits and whole-grain crackers. And if your morning is rushed, try packing lunch in the evening before bedtime.

But sometimes packing isn't always practical, and school-provided lunches become necessary. In January 2012, the federal government raised standards for school meals—the first revision in 15 years—that made them healthier. Requirements include an offering of fruits and veggies every day, along with more whole-grain foods and less saturated fat, trans fats and sodium in the foods than before.

All the preparation in the world, though, won't help if your child gets to school and swaps his or her carrot sticks for someone else's pudding cup. Like most habits, healthy eating begins at home. If good food choices are what a child has grown up with, he or she will be more likely to continue making good choices at school and beyond.

Wash, wash, wash your hands

Schools are breeding grounds for illness, thanks to myriad shared surfaces and hygiene habits that are still a work in progress. Handwashing remains the first line of defense in preventing the sniffles.

Warm running water and soap are the preferred tools to clean hands.

U.S. Centers for Disease Control/Cade Martin

Proper handwashing prevents the spread of illness at school.

But in a pinch, alcohol-based hand sanitizers work, too (unless hands are grubby—then soap is the only way to go), according to the U.S. Centers for Disease Control.

Teach your child good handwashing techniques, which include scrubbing the backs of hands, between fingers, and under nails, and washing for at least 20 seconds. A trick is to sing 'Happy Birthday' twice to time yourself.

Handwashing is necessary around mealtimes (both for eating and preparing food) and after using the bathroom, touching animals or handling trash.

Also, instill in your child the necessity of using a tissue when sneezing or coughing (or an elbow or shirt sleeve if tissues aren't handy), and washing hands after.

Magen Howard writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

Videos show you how to buy healthy

A free, online video series called "Aisle by Aisle: Choosing Foods Wisely" shows you how to read ingredient lists and choose healthy foods for you and your family. Topics include Healthy Beverages, Whole Grain Breads, Fresh and Frozen Produce, Cereal and Cereal Bars, Frozen Desserts, Shopping for Seafood, and Frozen Meals.

Each video, about two minutes long, is accompanied by a downloadable tip sheet with specific aisle suggestions. You can view all 12 videos, created by the N.C. Division of Public Health and N.C. Cooperative Extension, at www.MyEatSmartMoveMore.com.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Aug. 8 with your name, address and the name of your electric cooperative.

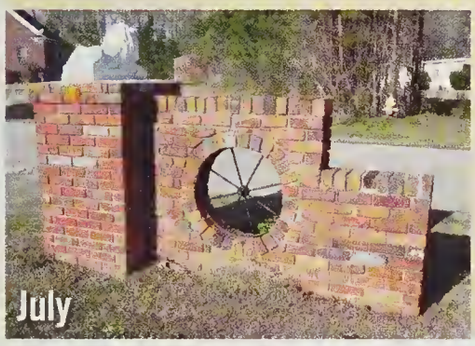
Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our September issue, will receive $25. To see the answer before you get your September magazine, go to "Where Is This?" on our website carolinacountry.com



July winner

The July magazine's picture was a stumper because the driveway entrance ornament has been used in several places around the state. The correct location, however, is the Benjamin Nye Sr. driveway at Lakewood Ave. and Bartram Lane, Lake Waccamaw, Columbus County. The winning entry, chosen at random from all correct submissions, was from Jessica Kissell of Supply, "a proud member of Brunswick EMC."

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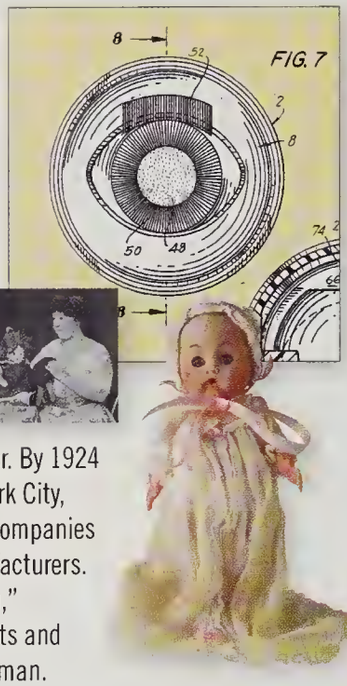
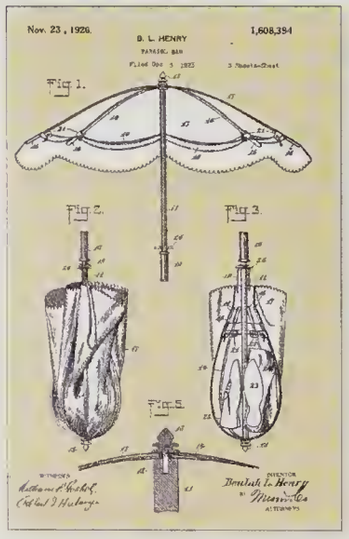
Getting To Know...

Beulah Louise Henry

Known For: Self-taught engineer, inventor

About Born in Raleigh in 1887, Beulah Louise Henry was drawing sketches of her inventions by age 9. A direct descendant of patriot Patrick Henry and the granddaughter of North Carolina Gov. W.W. Holden, she studied at Elizabeth and Presbyterian (now Queens) Colleges in Charlotte. Henry received her first patent in 1912, for a vacuum ice cream freezer. By 1924 she was living in New York City, where she founded two companies and consulted for manufacturers. Nicknamed "Lady Edison," Henry trusted her instincts and was a savvy businesswoman. She profited from her inventions and astounded scientists and patent officials with her mechanical abilities. Her many inventions included a bobbin-less sewing machine, can opener, hair cutter, soap-filled sponge, dolls with eyes that closed and changed colors, an umbrella with detachable, snap-on covers (so owners could change covers to match their outfits), and the Protograph, a typewriter attachment which made an original and four copies without need for carbon paper. In her spare time, Henry painted, wrote and did charity work on behalf of animals. In all, she received 49 patents and was credited with more than 100 inventions by her death in 1973.





Quote: "I invent because I cannot help myself."

New TRACK trails

The Kids in Parks program now has 26 TRACK trails open in North Carolina, with the latest opening in Morrow Mountain State Park in Albemarle and Lake Norman State Park in Troutman. The TRACK trail at Morrow Mountain is on the park's 0.6-mile Quarry Trail, which features scenic stream crossings and an old stone quarry. The Lake Norman State Park's TRACK trail follows the Lakeshore Trail, a beautiful 2.5-mile loop. Other TRACK trail locations include Pisgah National Forest, Mount Airy's Aarat River Greenway, Elk Knob State Park, Lake James State Park and W. Kerr Scott Reservoir. TRACK trails are designed to get North Carolina families outdoors and connected to nature. Each trail has a series of self-guided brochures designed to turn the hike into a discovery-packed adventure, and kids can earn prizes for tracking their hikes in an online journal on the TRACK website. Kids in Parks is a program of the Blue Ridge Parkway Foundation. For more, visit kidsinparks.com.

tar heel lessons

a guide to NC for teachers and students

Milk fingerpainting

Out of paints? Try milk, instead. All's you need are two things from the pantry: ¼ cup condensed milk and food coloring. Mix your ingredients well and be sure to put your paint on thinly—it takes longer to dry than traditional paints.

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All my friends have new cell phones. They carry them around with them all day, like mini computers, with little tiny keyboards and hundreds of programs which are supposed to make their life easier. Trouble is... my friends can't use them. The keypads are too small, the displays are hard to see and the phones are so complicated that my friends end up borrowing my Jitterbug when they need to make a call. I don't mind... I just got a new phone too... **the new Jitterbug Plus. Now I have all the things I loved about my Jitterbug phone along with some great new features that make it even better!**

GreatCall® created the Jitterbug with one thing in mind – to offer people a cell phone that's easy to see and hear, simple to use and affordable. Now, they've made the cell phone experience even better with the Jitterbug Plus. It features a lightweight, comfortable design with a backlit keypad and big, legible numbers. There is even a dial tone so you know the phone is ready to use. You can also increase the volume with one touch and the speaker's been improved so you get great audio quality and can hear every word. The battery has been improved too– it's the longest-lasting– so you won't have to charge it as often. The phone comes to you with your account already set up and is easy to activate.

The rate plans are simple too. Why pay for minutes you'll never use? There are a variety of affordable plans. Plus, you don't have to worry about finding yourself stuck with no minutes– that's the problem with prepaid phones. Since there is no contract to sign, you are not locked in for years at a time and won't be subject to early termination fees. The U.S.-based customer service is knowledgeable and helpful and the phone gets service virtually anywhere in the continental U.S. Above all, you'll get one-touch access to a friendly, and helpful GreatCall operator. They can look up numbers, and even dial them for you! They are always there to help you when you need them.

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You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

FAMOUS LASTING WORDS

Give me a one-handed economist! All my economists say, "On the one hand... on the other..."

—President Harry Truman

DECLINE

A different way to "decline" a word

Without rearranging the remaining letters, eight more words can be found in STARTLING when eight letters are removed from it, one letter at a time. The first step has been given to get you started.

S T A R T L I N G
S T A R T I N G

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San Souci is a community on the Cashie River in Bertie County. The name is French for "W_ _ _ _ _ _ _

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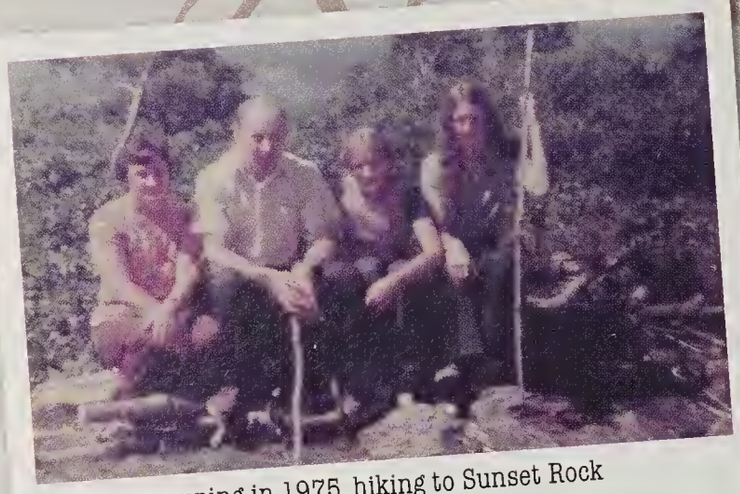
I Remember...



We were camping in 1975, hiking to Sunset Rock (from left): Mom, Dad, Liz, myself.

The sweet days of August

Camping with Dad, Mom and Liz were the happiest times for me. Dad worked hard as a house painter, one of a two-man team that worked in many estates. When it came time for vacation, Dad had only one week. But it was a week with family, during August, the week of my birthday.

Camping involved a lot of work for our parents, but to us kids it was all fun. The four of us would sleep in a tent secured on a wooden platform. We moved in, inflated the mattresses, then protected the tent with a plastic cover to keep the rain out. Blue jays greeted us early in the morning with their screeches, along with the little pitter patter of chipmunks across our platform. After breakfast, we hiked. We dragged fallen tree limbs and logs to our campsite. After lunch, we swam in ice cold Ore Pit. Then back for an evening meal cooked on a hibachi. We had potatoes, fresh corn, chicken and blueberries we had picked. Then we went back on the field to play volleyball or Frisbee. When it got dark, Dad lit a fire and we sat on logs roasting marshmallows listening to him tell stories from his childhood.

When the week ended, I felt so sad to go home, tears would come. We exhausted ourselves and our muscles ached. Dad, who worked hard all year, took us camping knowing all that, but he did it anyway. We miss Dad a lot; he died in 2009.

Rosemarie Clardy, Candler, Haywood EMC

Ducky

I was 14 and living with my parents, three brothers and three sisters on a farm in Coleridge. We had no electricity or running water in the house. We carried water in a bucket from the spring across the branch of water that ran through our farmland.

Our dogs were for hunting opossum and raccoon, so I didn't care to play with them as pets, but I did become fond of a duckling.

It was spring when one of our white ducks hatched out a nest of ducklings. The mama most of the time stayed out on the branch of water. Every day I went to the branch to visit the mama and babies. The ducklings' yellow feathers were so soft and pretty.

Two weeks after they hatched, one of the ducklings started to follow me around. I kept talking to him, holding him close, petting him. My brothers and sisters knew that this duckling belonged to Geneva. I called "Ducky, Ducky," and he would come running toward me. He rubbed the side of his bill with an upward motion against my face, showing that he cared for me. Every day when my chores were done, I headed to see my pet duck.

Ducky grew into a fine-looking white drake. A year passed, and I continued to visit my pet. He would follow me down toward the barn and all around the branch. I would sit on the bank and watch my beautiful duck swim.

This is a pencil drawing by Glenda Little showing me and my duck.

One day I looked everywhere for my duck but could not find him. I asked family, but no one would tell me they had seen my duck. At dinnertime, my brother said, "There's Geneva's duck. He's on the table." Dad had cooked my pet duck. I left the table crying and refused to eat anything that evening.

I understand now that my poor family raised ducks not for pets but for food. At 85 years old, I still hold fond memories of the love I had for my duck and his ability to show that he cared for me.

Geneva Brown, Asheboro, Randolph EMC

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Daddy is in his garden with grandson Dalton Canter. They were blowing horns Daddy had made from squash leaf stems.

How Daddy made things

My Daddy, Herman Oakley, farmed my grandma's land as a sharecropper. When I was a child, we didn't have a lot of store-bought toys. Daddy made water guns from limbs of elderberry bushes and flutes from limbs of sourwood trees. He made spinning tops from wooden thread spools and swings from old plow ropes tied on a tree limb. He was a great storyteller, too, for us and most of the neighborhood. He died at age 93.

Bonnie O. Briggs, Roxboro, Piedmont EMC

Vacation Bible School

I remember when churches held Vacation Bible School on weekday mornings. All of the neighborhood children anticipated the opening day when we would sing songs, hear Bible stories, and make our own special treasures during arts and crafts. We looked forward to filling our free summer mornings with games and lots of cherry Kool-Aid and butter cookies. The ladies of the church were our faithful teachers reminding us to bow our heads and to listen when we got too rowdy.

With childlike faith we sat in awe as we heard how God parted the Red Sea for Moses, about Joshua and the battle of Jericho, and how Daniel survived the lion's den. We could picture the burning bush and David facing the giant, Goliath. The choruses like "Father Abraham" and "This Little Light of Mine" still ring in my ears, and I enjoy singing those same songs with my son today.

Bible school has changed over the years. The events are now held at night since mothers work, and families rush in and out because we lead such busy lives. They are now glitzy affairs with CDs, DVDs and fancy decorations. I long for the days when faith, hope and love were planted in our hearts simply and meaningfully.

Deana C. Johnson, Laurinburg, Lumbee River EMC

Ol' Conway

Born and raised on Bogue Sound, as a boy in the mid-1960s, I would shrimp summer nights with my Granddaddy Arch to earn money to buy school clothes for the coming year. I can remember one night shrimping, 8 or 9 years old at the most, and wanting to go to sleep. But Granddaddy says, "Mart, won't you stay awake a little while longer? You are going to miss out on a big tow of shrimp."

I went to turn in, but then decided I wouldn't go anywhere near that cabin. Unknown to me, Granddaddy had arranged for Ol' Conway to take my place in the bunk. Ol' Conway was nothing more than an old winter coat and hat with two gloves arranged to look like someone lying there to frighten me into staying awake. I'm sure Granddaddy got a big laugh out of that one. To this day the smells and sounds I experienced while on Granddaddy Arch's boat come back from time to time.

Marty Frost, Salter Path, Carteret-Craven Electric Cooperative

Two special ladies

My mom, Edith Baucom Wilson, was born on Sept. 3, 1923. When she was almost 4 years old, her mother died at the age of 27. Mom and her two brothers and two sisters were raised by their paternal grandparents during much of their growing-up years, but Mom had to stop going to school after sixth grade to help care for her younger brother and sister. She had a "mother heart" very early in life, and was a wonderful mother to me and my three brothers.

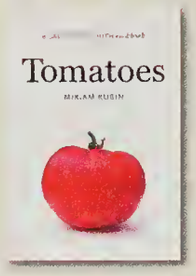
These were two very special ladies in my life: my Mom, Edith Baucom Wilson (right) with her sister Hazel Baucom Scott.

Mom passed away on Feb. 21, 2013, just four months after my Dad. I miss them both more than words can say. I stayed with her and Dad during the final 18 months and now live in their house.

Two days ago, I found a picture book in a drawer with some pictures I had never seen before, including this picture of Mom and my Aunt Hazel taken about a year after mom and my Dad were married at the end of World War II. Aunt Hazel recently turned 88 years old, and if Mom had lived until this coming September, she would have been 90.

Linda Wilson Rivenbark , Mint Hill, Union Power Cooperative

on the bookshelf



Tomatoes

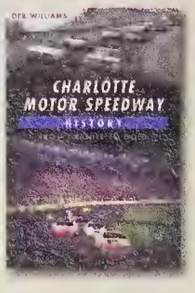
Food writer Miriam Rubin gives this staple of southern gardens the passionate portrait it deserves, exploring the tomato's rich history in southern culture and inspiring home cooks to fully enjoy this summer standout in all its glorious variety. Rubin provides 50 vibrant recipes, including Stand-over-the-Sink Tomato Sandwiches, Spiced Green Tomato Crumb Cake and Green Tomato and Pork Tenderloin Biscuit Pie, as well as wisdom about how to choose tomatoes and which tomato is right for which dish. "Tomatoes" also includes lessons on history, cultivation and preserving, and variations for year-round enjoyment. Published by University of North Carolina Press, Chapel Hill. Hardcover, 131 pages, $19 (e-book and paperback).

(800) 848-6224
uncpress.unc.edu

Ashe County Memoirs

In this anthology, 20 writers write stories, essays and poems about this beautiful, sometimes mysterious, county nestled in the corner of North Carolina High Country. Some writers are well-known nationally while others are more locally famous. And some live here (and are Blue Ridge Electric members) while others happily visit to retreat and recharge. Either way, each writer brings his or her words to evoke a vivid sense of the locale. For example, Lee Smith conjures an academic from another century who is studying the local flora, while Clyde Edgerton offers an evocative poem. Sam Shumate fondly remembers his schooling at Warrensville Elementary, a four-room structure filled with colorful drama, while Nicole Osborne recalls quaint mind photographs never formally taken. "Mountain Memoirs, An Ashe County Anthology" is edited by Chris Arvidon, Scot Pope and Julie Townsend. Published by Main Street Rag in Charlotte. Softcover, 153 pages, $12.

(704) 573-2516
mainstreetrag.com



Charlotte Motor Speedway

From granite to gold, get in the groove with racing journalist Deb Williams as she traces the history of the Charlotte Motor Speedway. Engines first roared at the speedway in 1960, and since then, the track has been home to some of NASCAR's greatest races and most honored drivers ever. Williams looks at early challenges as well as how Bruton Smith and Humpy Wheeler took charge in 1975 and together sculpted one of the most famous racetracks in America as hosts of the Coca-Cola 600 and Sprint All-Star race. Williams also explores when the track became the first modern superspeedway to host night racing and thousands of excited race fans watched their favorite drivers swap paint under the North Carolina night sky. Softcover, 160 pages (plus a 16-page color-photo insert), $19.95.

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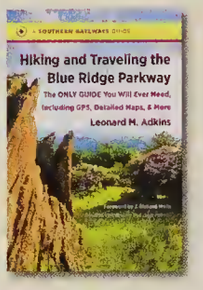

Hiking and Traveling The Blue Ridge Parkway

More than a trail guide, this comprehensive new book also tells you about interesting towns and attractions and where to shop, dine and sleep. Veteran hiker and author Leonard M. Adkins includes information on every trail that touches the Parkway, including the Appalachian Trail, the Mountains-to-Sea Trail, and other public pathways on national park, state park, national forest, municipal and private lands. You'll find GPS coordinates for official Parkway trailheads, along with maps and photographs of what you'll see along the way. Adkins notes each trail's length, difficulty, handicap accessibility and points of interest. Also included: elevation change charts for bicyclists, minimum tunnel heights for RVs, camping recommendations and roadside bloom calendars. Published by University of North Carolina Press, Chapel Hill. Softcover, 408 pages, $18 (e-book and paperback).

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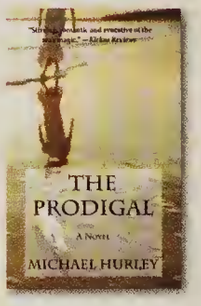
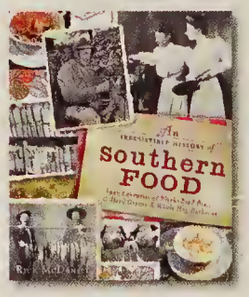


The Prodigal

In this new novel, Aidan Sharpe, a disbarred lawyer who lives on Ocracoke Island, is beset with self-doubt. As he strives to make sense of his life and his growing affection for Molly, an enterprising tugboat captain, he is drawn into the mystery of Prodigal, an old schooner found adrift and unmanned off the coast. The ship hides a 2,000-year-old secret that carries the promise of paradise, and its discovery leads Aidan and Molly into a race between time and eternity. Written by Raleigh resident Michael Hurley, the mystery explores themes of religion, love, betrayal and forgiveness. Published by Ragbagger Press in Charleston, S.C. Softcover, 347 pages, $10.22 (paperback) and $5.99 (Kindle).

www.amazon.com



An Irresistible History of Southern Food

The South has always been celebrated for its food—a delectable blend of ingredients and cooking techniques connected to the region's rich soil and bountiful waters. From the earliest days of settlement, when colonists struggled to survive on a diet of dogs, cats, rats and poisonous snakes, to an era defined by sumptuous dining that blended European, Native American and African cuisines, Southern food truly stems from a unique tradition. Southern food historian and chef Rick McDaniel explores the history of more than 150 recipes, from Maryland stuffed ham to South Carolina chicken bog to New Orleans shrimp Creole, without forgetting the meal's crowning glory: dessert. More than 85 images. Published by The History Press in Charleston, S.C. Hardcover, 240 pages, $21.99.

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historypress.net

NC Wine Gifts

This Asheville-based business helps folks near and far enjoy North Carolina wines (and have them conveniently shipped to their doors). Debby Halpern, who owns the company with husband, Philip, says NC Wine Gifts is the only online wine store (and wine club) in the country dedicated to a single state's boutique wineries. The couple chooses a variety of premier wines from North Carolina's award-winning wineries and then relies on a professional tasting panel for final selections for the online store and quarterly wine club. In addition to red, white, semi-sweet and muscadine wine choices, the website includes information on the wines and winemakers and ideas and resources for exploring the state's wine country. As NC Wine Gifts put it, drink local and discover North Carolina's wines!

(828) 490-1840
northcarolinawinegifts.com

Tim-Buck's Bar-B-Q Sauces

Margie Thompson, who owns this business with husband Tommy Thompson, has been making barbecue sauce in her own Roanoke Rapids kitchen for more than 25 years. After encouragement from friends and family, these Roanoke Electric members began bottling it for the public. Their mild and hot sauces (called Tim-Buck because that is Tommy's nickname) are sold in stores throughout eastern North Carolina and Virginia as well as online. A set of three bottled sauces (16 fluid ounces each) sells for $12 and they can mix hot and mild bottles for the set upon request.

(252) 203-2360
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A D V E R T I S E M E N T

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.
I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Winston-Salem, NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at **www.septicleanse.com** or you can order or learn more by calling **toll free at 1-888-899-8345.** If you use the promo code **"DARNC4"**, you can get a free shock treatment, added to your order, which normally costs $169. So, make sure you use that code when you call or buy online.

By James Dulley

Sealing in savings

How to insulate an attic access cover

Builders don't always insulate and seal attic access opening covers. Most often, just a piece of plywood or drywall is cut somewhat close to the correct size and placed in the opening, resting on a strip of molding. That type of cover's insulation value is less than R-1 and it leaks air like a sieve. But because the attic access is often in the ceiling of a bedroom closet or a hallway, the air leakage and heat loss/gain are seldom noticeable.

The simplest fix is to attach both insulation to the cover's top and weatherstripping underneath where it rests on the opening's lip. Measure the cover to make sure it fits the opening, with the cover overlapping the molding lip so the weatherstripping seals well. If you have to make a new one, a piece of ½-inch drywall works well and is fire resistant.

The insulation on the cover's top should be up to the recommended code ceiling R-value for your area (check yours at ornl.gov/~roofs/Zip/ZipHome.html). Going above this level will not help appreciably.

Before you add weatherstripping to the molding lip, place the cover over it and check whether it's even (for a good seal). The lip often consists of pieces nailed to the sides of the opening and aren't level.

In my own house, I first nailed a piece of ½-inch drywall to the plywood cover to give it additional weight. Next, I glued a few layers of ¾-inch polyurethane foam sheets on top of it. I added four layers to get three inches of foam insulation. I used foil-faced insulation so it would reflect the heat from the hot roof back up during the summer.

The next step: attach adhesive-backed foam weatherstripping to the top edge of the lip around the opening. Use as thick a foam as you can find to accommodate any out-of-level edges. The weight of the plywood and drywall should compress the foam weatherstripping.

If you want to install pull-down stairs or a ladder—or if your attic currently has one—buy a special insulated cover for the attic access opening. You could attempt to make one yourself, but its weight may be hazardous to open and manage when you are on the stairs.

This shows the assembled Battic Door cardboard box over the attic entrance opening. When the stairs are unfolded and you are entering the attic, just lift off the box and place it to the side.

One of the least expensive options on the market is basically a three-sided heavy duty cardboard box. It's easy to open and assemble, and then you attach your own insulation to the top and sides. It's easy to lift and handle on the attic stairs.

An efficient option is a lightweight, large, rigid-foam domed device that covers the folded stairs or ladder from above. It's strong, and the foam provides adequate insulation. Another design uses a flexible zippered insulated cover that is permanently attached to the attic floor for a good, airtight seal. The zipper provides a large opening for easy access to the attic.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com

How-to videos

For videos on this subject, visit energysavings.togetherwesave.com/watch-and-learn and click on the Sealing & Insulation tab, then scroll down to find how-to videos on insulating attic hatches and attic pull-down stairs. (If their click-on boxes aren't visible, move your mouse over and down past the first few video boxes until the attic ones appear.)

These companies offer attic entrance products:

Atticap (781) 259-9099
draftcap.com

Attic Tent (877) 660-5640
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Battic Door (508) 320-9082
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By L.A. Jackson

Properly stored, ornamental and vegetable seeds can be saved for at least another growing season.

Save those seeds!

Autumn is around the corner—so what should be done with all of those unused and half-full seed packets you have that never made it into the spring and summer gardens? Plant them? It's getting late in the growing season. Toss them away? This sounds like the only thing to do, but since you paid good money for these seeds, why not save them for next year's garden?

Although their germination rates will probably drop just a bit, most store-bought ornamental and vegetable seeds can be saved for at least another growing season, and sometimes—as in the case of non-hybrid seeds—even longer. You first need a proper storage area. It should be fairly dry and constantly cold (around 32 to 40 degrees). Where can you find such an area as this? Look no further than in your kitchen: the refrigerator!

To block moisture—a sure killer of seeds in storage—put the packs in an airtight jar or plastic bag. Also, add a small napkin with two tablespoons of a moisture-absorbent such as powdered milk, cornstarch or silica gel into the container to help keep the seeds dry.

Come next spring, break out the leftovers, sow them at a slightly thicker rate next to rows or beds of fresh seeds, then compare. If by the middle of the growing season, you can't tell the difference in quality and quantity between the plants of the newer vegetable and flower seeds from your "free" ones, well, congratulations for being such a successful, frugal gardener!

Garden To Do's

August

- Plan and plant for the botanical fire of fall by adding such glorious, late-blooming perennials as helianthus, helenium, heliopsis and rudbeckia to the flower border.
- 'Tis the time of the tiny terrors. Minute menaces such as aphids, flea beetles, spider mites, thrips and white flies will be at their worst during hot weather.
- Continue harvesting mature cucumbers, squash, green beans, indeterminate tomatoes and okra plants at least once or twice a week to maximize production.
- Root crops such as beets and carrots that are being harvested for storage should have their leafy tops cut off to prevent foliage transpiration from drying out the roots too fast.
- Gardeners! Start your fall vegetable garden! Begin planting such cool-season favorites as lettuce, kale, turnips, radishes and spinach.

September

- Ornamental grasses should be coming into their prettiest prime now, with many showing off dazzling inflorescences. Be sure to create a few dried indoor arrangements with the clippings of these beauties this fall.
- Now is a good time to plant the seeds of such hardy annuals and biennials as lunaria, pinks, sweet alyssum, Johnny jump-ups and sweet peas.
- Before you bring houseplants inside for the winter, let the light shine in first. Thoroughly clean any windows that will host these plants to get the most light—meaning energy—from the weak winter sun.
- Saving any planting pots from this growing season for next year? Before you put them in storage, properly prepare the containers by wiping off any dirt or grime, and then soaking them overnight in a solution of one part bleach and ten parts water.

Tip of the Month

Seen any thick spider webs in your trees lately? At this time of year, more than likely, they are the hideouts of fall webworms. If these pesky caterpillars are hanging their silken homes about your landscape, put out the unwelcome mat by opening up the webs and spraying them with a Carbaryl or Pyrethrins-based insecticide. You can also pull down the nests and dispose of the whole mess, caterpillars and all, in a bucket of soapy water. And although it is an ol' country remedy, for obvious safety reasons, do not even think about dousing nests with gasoline and setting them on fire!

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

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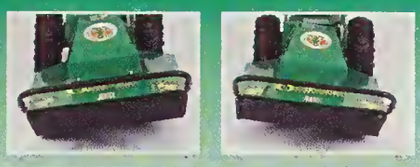

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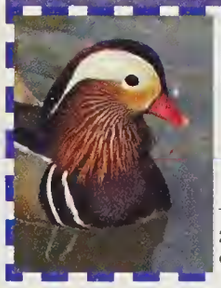

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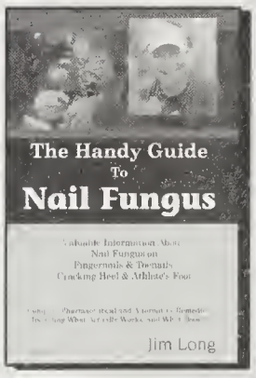

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August Events

Author Vicki Lane will discuss her latest Elizabeth Goodweather mystery, "Under the Skin," on Saturday, Aug. 10, at Thomas Wolfe Memorial in Asheville. Call (828) 253-8304 or visit wolfememorial.com

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blowingrockmuseum.org

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Aug. 4, Boone
(828) 264-4631
boonecyclovia.com

Art Walk
Aug. 2, Murphy
(828) 494-7403
valleyriverarts.com

Gallery Crawl
Aug. 9, West Jefferson
(336) 846-2787
ashecountyarts.org

Art In The Park Weekend
Aug. 9–11, Blowing Rock
(828) 295-7851
blowingrock.com

Farm Fresh
Farmers' produce, crafts
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Aug. 10, Old Fort
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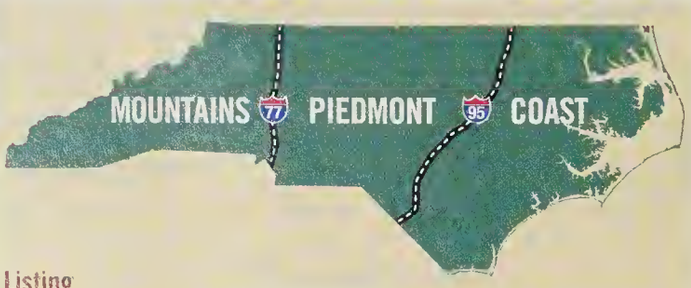

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Aug. 10, Weaverville
(828) 645-6706
2ndsaturdaysnc.com

The Cherokee Warrior
Aug. 10, Statesville
(704) 873-5882
2ndsaturdaysnc.com

Off the Beaten Path Hike
Big Basswood Adventure
Aug. 10, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Writer At Wolfe Memorial
Aug. 10, Asheville
(828) 253-8304
wolfememorial.com

Music On The Mountain
Aug. 11, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Dirty Dancing Festival
Aug. 16–18, Lake Lure
(828) 287-6113
dirtydancingfestival.com

Hot Night/Cool Rides
Display of antique & modern vehicles
Aug. 17, Forest City
(828) 247-4430
forestcitymerchants.com

Demolition Derby
Aug. 17, Sparta
(704) 929-9629
wecrach.com

Festival On The River
Aug. 17, Creston
(336) 384-4502
riverviewlions.wordpress.com

Music Festival
Aug. 22–25, Lawndale
(704) 472-9667
elliottfamilyfarmevents.com

An Evening With Michael English
Aug. 23, Spindale
(828) 286-9990
foundationshows.org

Cruso Quilt Show
Aug. 23–24, Canton
(828) 235-8111
facebook.com/crusocommunitycenter

Annual Olympiad
Aug. 23–25, Lake Lure
(828) 287-6113
lakelureolympiad.com

Race To The Rock
Aug. 25, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Guided House Tours
Wednesday–Saturdays, Marion
(828) 724-4948
historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Concerts At The Creek
Fridays, Sylva
(800) 962-1911
mountainlovers.com

4 Paws Country Fair & Music Jamboree
Through Aug. 4, Boone
(828) 264-7865
wataugahumanesociety.org

Horn In The West
Through Aug. 17, Boone
(828) 264-2120
horninthewest.com

Cruise In
Second Saturdays
Through Sept. 14, Dobson
(336) 648-2309
facebook–Dobson Cruise In

Hickory Ridge Living History Museum
Through Oct. 26, Boone
(828) 264-2120
hickoryridgemuseum.com

Live Bluegrass Music
Fridays through Dec. 26, Union Mills
(828) 748-7956
unionmillslearningcenter.org

Appalachian Summer Festival
Through Aug. 1, Boone
(800) 841-2787
appsummer.org

A Bench In The Sun
Comedy set in retirement home
Through Aug. 4, Blowing Rock
(828) 414-1844
ensemblestage.com

Art Is For the Birds
Through Aug. 31, Rutherfordton
(828) 288-5009
rcvag.com

Wild Mushroom Walk
Aug. 2–30, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Bedside Manners
Comedy about compromising situations
Aug. 24–Sept. 1, Blowing Rock
(828) 414-1844
ensemblestage.com

Piedmont (between I-77 & I-95)

Party At The Pavilion
Sonny Skyzz & The Rainmakers
Aug. 2, Gastonia
(704) 907-6092

National Truck & Tractor Pull
Aug. 2–3, Henderson
(919) 291-9501
tpull.com

Mater Mountain Festival
Tomato Alley, family activities
(828) 648-3535
focusofcanton.com

Big River
Musical based on Huck Finn
Aug. 2–4, Albemarle
(704) 983-1020
uwharrieplayers.org

Runway Fashion & Sidewalk Sale
Aug. 3, Mount Airy
(336) 786-4511
mountairydowntown.org

Ranch Sorting
By Border Belt Horseman's Association
Aug. 3, Lumberton
(910) 739-9999
ncqha.com

Wild Wings!
Band and release hummingbirds
Aug. 3, Belmont
704–825-4490
dsbg.org

Triangle Race For The Cure
Aug. 6, Raleigh
(919) 493-7038
komennctc.org

Night Out With Belmont Police Dept.
Aug. 6, Belmont
(704) 825-5586

Art After Hours
Billy Farmer & Maxine Linney
Aug. 9, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Blues Out Back Concert
David Holt & Josh Goforth
Aug. 9, Dallas
(704) 922-7681
gastoncountymuseum.org

Chicken Run
Animated comedy movie
Aug. 9, Lumberton
910–738-4339
carolinaciviccenter.com

Salute To American Dream
Aug. 9, Fayetteville
(910) 570-7223
www.forscom.army.mil/band

Tiresome Work to Me ... Lord Help Us All
Life of Minister Solomon Hilary Helsabeck
Aug. 10, Pinnacle
(336) 325-2298

It Happened Here
Photos at House in the Horseshoe
Aug. 10, Sanford
(910) 947-2051
2ndsaturdaysnc.com

One Hearth, One Pot
Demo on cooking techniques
Aug. 10, Pineville
(704) 889-7145
2ndsaturdaysnc.com

Palmer Farm Day
Aug. 10, Gibsonville
(336) 449-4846
2ndsaturdaysnc.com

Discover The Trailhead
of Western North Carolina
This project received support from Golden LEAF Foundation
Morganton
NORTH CAROLINA
There's a place where trails lead back into Waldensian history, deep into glasses of local wine, and to a spot where the lights of Brown Mountain surround you. Discover it. Morganton, NC. It's just a day trip away. Visit TrailheadWNC.com or call 888.462.2921 to plan your adventure.

Town figure William Morris delivers news of the Battle at Kings Mountain to his neighbor in "Sword of Peace" an historical outdoor drama. The show runs through Friday, Aug. 23, in Snow Camp. (336) 376-6948 or snowcampdrama.com

Tarheel Tales At Bennett Place
Aug. 10, Durham
(919) 383-4345
2ndsaturdaysnc.com

Mystery Mythbusters
Aug. 10, Durham
(919) 620-0120
2nd saturdaysnc.com

Make It, Take It—In Stitches
Knitter at work
Aug. 10, Raleigh
(919) 907-7850

Play In The Clay
Aug. 10, Mount Gilead
(910) 439-6802
2ndsaturdaysnc.com

The Art of Modeling Trains
Aug. 10, Spencer
(704) 636-2889
www.ncdr.gov/2ndsaturdays

The Art Of Gold
How the metal has been used in art
Aug. 10, Midland
(704) 721-4653
2ndsaturdaysnc.com

Summer Children's Festival
Aug. 10, Durham
(919) 477-5498
2ndsaturdaysnc.com

NC Bully Fest
American Bully Kennel Club Dog Show
Aug. 10, Lumberton
(910) 280-5257
abkcdogs.com

Family Fun Day
Aug. 10, Raleigh
(919) 715-5923
2ndsaturdaysnc.com

Arts Fest
Aug. 10, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Community Day At SECCA
Aug. 10, Winston-Salem
(336) 725-1904
2ndsaturdaysnc.com

Old State Library Tour At Capitol
Aug. 10, Raleigh
(919) 733-4994
2ndsaturdaysnc.com

Salute To Jazz
Aug. 16, Fayetteville
(910) 570-7223
www.forscom.army.mil/band

Agri-Civic Day
Aug. 17, Albemarle
(704) 986-3666
stanlyciviccenter.com

Cool Cars & Rods Cruise In
Aug. 17, Mount Airy
(336) 786-4511
mountairydowntown.org

Tift Merritt Concert
Aug. 17, Raleigh
(919) 715-5923
ncartmuseum.org/summer

Art Plunge
Aug. 17, Littleton
(252) 586-6497

It's A Gas
Car, truck, tractor, cycle, small engines
Aug. 17, Lexington
(336) 787-5582
Itsagascarshow.com

Bluegrass Concert
Aug. 17, Albemarle
(980) 581-1931
Littlecreekmusicpark.com

Tomato Festival
Aug. 17, Woodleaf
(704) 278-4703

Reminisce Tour 3
Aug. 17, Fayetteville
(910) 257-3177
visitfayettevillenc.com

Southern Style Home & Garden Day
Benefit with auction, speakers
Aug. 17, Waxhaw
(704) 843-1832
wuseumofthewaxhaws.com

Sports Card, Comic Book & Toy Show
Aug. 17–18, Lumberton
(910) 316-7251
biggspark.com

Southern Stockhorse
Aug. 23–24, Lumberton
(843-6493
southernstockhorse.com

Vendor Show
Aug. 24, High Point
(336) 643-5619

Beach, Rhythm & Blues Festival
Aug. 24, Dallas
(704) 922-6552
wsge.org

Mayberry Nights
Aug. 24, Troy
(704) 985-6987
bluegrassintroy.com

There are more than 200 markets in North Carolina offering fresh produce and more. For information about one near you, visit:
www.ncfarmfresh.com/farmmarkets.asp

An 1812 Salute
Aug. 30, Fayetteville
(910) 570-7223
www.forscom.army.mil/band

Casting Crowns Concert
Aug. 30, Fayetteville
(910) 438-4100
atthecrown.com

Barrel Show
Aug. 31, Lumberton
(910) 843-4991

Warrior Jam 2013
Aug. 31, Fayetteville
(910) 627-3244
warriorjam.us/#

ONGOING

Outdoor Films
N.C. Museum of Art
Fridays & Saturdays, Raleigh
(919) 664-6795
ncartmuseum.org

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Hot Nights, Hot Cars
Cars & beach band
First Saturdays, Pilot Mountain
(336) 368-2541
hotnightshotcars.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
theartscouncil.org

Big River
Musical version of Huck Finn
Through Aug. 4, Albemarle
(704) 983-1020
uwharrieplayers.org

The Healing Arts II
Art from local physicians
Through Aug 17, Fayetteville
(910) 323-1776
Theartcouncil.com/exhibitsmain.php

Speaking In Species – A NC Perspective
Works of wood
Through Aug 18, Greensboro
(336) 333-7460
greenhillcenter.org

Sword Of Peace
Through Aug. 23, Snow Camp
(800) 726-5115
snowcampdrama.com

Secrets Of The Sun
Sun's role in solar system
Through Aug., Rocky Mount
(252) 972-1167
museum.imperialcentre.org

The Tale of Sleeping Beauty
Aug. 3, 7, 17 & 21, Snow Camp
(800) 726-5115
snowcampdrama.com

Art In Clay
Through Sept. 1, Raleigh
(919) 807-7900
ncmuseumofhistory.org

The Stars Are Not Wanted Now
Melanie Schiff photography
Through Sept. 1, Raleigh
(919) 513-0946
camraleigh.org

Yadkin River Wine Trail Mini-Festivals
Through Oct. 6, Boonville
(336) 367- 6000
yadkinriverwinetrail.com

Granville County Museums
Rotating exhibits
Through Oct. 31, Oxford
(919) 693-9706
granvillemuseumnc.org

Centennial Exhibit
Terry Sanford High School
Through Nov. 30, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Bluegrass Music
Saturdays through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Mammal Safari—A Journey of Discovery
Through Dec. 31, Gastonia
(704) 866-6908
schielemuseum.org

Cumberland County Goes to War
Through December 31, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Coast (east of I-95)

Downtown Market
Aug. 1, Swansboro
(910) 326-2600

Kids Night in/Parents Night Out
Aug. 2, Swansboro
(910) 326-2600

The Morehead Brass
Classical concert
Aug. 2, Fort Macon
(252) 393-7313

Spare Change Concert
Aug. 4, Greenville
(252) 329-4567
Grpd.info

National Lighthouse Day
Aug. 7, Edenton
(252) 482-2637
edenton.nchistoricsites.org

Nature Trek With Ranger
Aug. 6, Swansboro
(910) 326-2600

Arts & Craft Guild Summer Show
Aug. 7–8, Buxton
(252) 216-5580

Antique Farm Expo
Aug. 8, Edenton
(252) 482-4057
Chowanfair.com

Shrimp By The Bay
Aug. 9, Edenton
(252) 482-3400

CAROLINA COUNTRY adventures

Day Trip

Discovery Place KIDS—Rockingham

Where kids "CAN Be Anything."

At the Discovery Place KIDS Museum in downtown Rockingham, kids "CAN" do anything. From climbing through an indoor tree house and splashing in fountains, to cranking handles on a gizmotron and poking at slime, the activities at this two-story educational playground get children ages 1–10 (and their adults) giggling and learning at the same time.

The regional museum first opened its doors in February, thanks to broad support from the community and local donors including Pee Dee EMC and North Carolina's electric cooperatives. Since then, visitors from the Sandhills, Piedmont and South Carolina have delighted in watching live puppet shows, oohed over gooey lab experiments and scrambled around interactive, hands-on exhibits within the museum's five I CAN-themed areas, each designed to encourage experimentation, role-playing, innovation and physical activity.

Physics is on display in the "I CAN Wonder Why" area: Paper airplanes whiz by balls that float in midair as if by magic. Really, they are supported by an invisible column of fast-moving air. By dropping a weight, kids launch tennis balls up two stories to the ceiling using only the power of air pressure. Upstairs, visitors hoist themselves upwards in a bucket by pulling ropes through pulleys.

The "I CAN Be Anything" area lets kids don costumes and test out professions, and also honors the racing and agricultural heritage of the Sandhills. You can fix up a race car, read X-rays at a miniature vet's office, "harvest" plastic veggies, use a bright beam of light to candle eggs on the farm, and serve up dishes to customers at the pint-sized Peaches Café.

Discovery Place KIDS-Rockingham (233 E. Washington St.) is closed on Mondays, so plan your visit for Tuesday–Saturday 9 a.m.–5 p.m., Sunday noon–5 p.m. Admission is $8 per person and children under age 1 are free. Children must be accompanied by an adult at all times. Discounts are available for groups of 15 or more, and space is available for birthday parties or camps. For more information: (910) 997-5266 or rockingham.discoveryplacekids.org

—Lindsey Listrom

Lindsey Listrom

A chef-in-training cooks up something magical at Peaches Café in I CAN Be Healthy.

Discovery Place/Patrick Schneider

Through joyful water play, visitors experiment with sinking and floating, filling and pouring, flow and current and their ability to harness water power.

Discovery Place KIDS explores the concept of **I CAN**, encouraging children to gain confidence, build muscles, expand their worldview and begin lifelong learning. The museum has five theme areas which include:

I CAN Grow: Specially designed for the Museum's youngest visitors; children from birth through 36 months can toddle, touch, take risks and explore a sensory world.

I CAN Be Anything: Role play in careers that children see daily such as firefighter, veterinarian, cook, actor, mechanic or farmer.

I CAN Wonder Why: Explore, experiment, discover and uncover while building an understanding of the relevance of science to everyday life.

I CAN Imagine: Using water, air, blocks and "garbage," young minds are stretched to innovate, communicate, generate and celebrate.

I CAN Be Healthy: Celebrate a healthy, active lifestyle and get moving in an unstructured play environment that showcases the outdoors.

Pirate Invasion
Aug. 9–10, Beaufort
(252) 504-3209
beaufortpirateinvasion.com

Battle of Elizabethtown
Reenactment
Aug. 10, Elizabethtown
(910) 862-4368
www.elizabethtownwhitelake.com

Celebrate Old North State
Aug. 10, New Bern
(800) 767-1560
2ndsaturdaysnc.com

Craft Fair
Aug. 10, Fremont
(919) 242-5581
2ndsaturdaysnc.com

Craft Day
Aug. 10, Edenton
(252) 482-2637
edenton.nchistoricsites.org

RIFP And The OBHC
Learn how to dance the "Big Apple"
Aug. 10, Manteo
(252) 475-1500
roanokeisland.com

Real To Reel
The Making of Gone with the Wind
Aug. 10, Elizabeth City
(252) 335-1453
museumofthealbemarle.com

Hook & Bones Redfish Open
Aug. 10, Swansboro
(910) 326-2600

Crepe Myrtle Festival
Aug. 10, Scotland Neck
(252) 826-3152
Townofscotlandneck.com

Happy Birthday, Governor Caswell
Aug. 10, Kinston
(252) 522-2091
2ndsaturdaysnc.com

Blue & Gray
About Civil War
Aug. 10, Wilmington
(910) 251-5797
2ndsaturdaysnc.com

Blockade Running
Runners, pilots in lower Cape Fear
Aug. 10, Southport
(910) 457-0003
2ndsaturdaysnc.com

Civil War Communications
Fort Fisher
Aug. 10, Kure Beach
(910) 458-5538
2ndsaturdaysnc.com

Civil War Torpedo Warfare Program
Aug. 10, Winnabow
(910) 371-6613
2ndsaturdaysnc.com

This scene by artist Don Maitz is the commemorative print for this year's Pirate Invasion, held Friday and Saturday, Aug. 9 -10, in Beaufort. The event includes sword fighting, a magic show, costume contest, parade and buccaneer revue. (252) 504-3209 or beaufortpirateinvasion.com

Culture & Music Celebration
Aug. 10, Creswell
(252) 797-4560
2ndsaturdaysnc.com

Craft Day
Aug. 10, Edenton
(252) 482-2637
2ndsaturdaysnc.com

Ahoy! Pirates!
Aug. 10, Beaufort
(252) 728-7317
ncmaritimemuseum.org

Celebrating Heritage Crafts
Aug. 10, Halifax
(252) 583-7191

Civil War Camp Life
Aug. 10, Four Oaks
(910) 594-0789
2ndsaturdaysnc.com

Women's Work
Aug. 10, Bath
(252) 923-3971
2ndsaturdaysnc.com

S&D Gun & Knife Show
Aug. 10–11, Greenville
(252) 321-7671

Donald Underwood Thompson Band
Sunday in the Park concert
Aug. 11, Greenville
(252) 329-4567
grpd.info

Peanut Festival
Aug. 16–17, Fountain
(252) 714-5326

Battle of Elizabethtown Reenactment
Aug. 16–18, Elizabethtown
(910) 874-1707

Molasses Creek
Sunday in the Park concert
Aug. 18, Greenville
(252) 329-4567
grpd.info

Phlock To The Beach
Buffet-style beach bash
Aug. 23–24, Southport/Oak Island
(910) 457-6964
southport-oakisland.com

Watermelon Festival
Aug. 23–25, Winterville
(252) 756-1068
watermelonfest.com

EVP Beach Volleyball Tour
Aug. 23–25, Nags Head
(877) 629-4386
outerbanks.org

Community For Literacy
Back-to-school activities
Aug. 24, Wilson
(252) 230-6749

Open Horse Show
Sen. Martin Eastern Ag Center
Aug. 24–25, Williamston
(252) 792-5802
ncagr.gov

Freeboot Friday
Alive after five activities
Aug. 30, Greenville
(252) 561-8400
uptowngreenville.com

Golf Tournament
Aug. 31, Arapahoe
(252) 670-3648
orientalwomansclub.org

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 329-4200
uptowngreenville.com

The Lost Colony
Historical outdoor drama
Through Aug. 22, Manteo
(252) 473-6000
thelostcolony.org

East Carolina Motor Speedway
Through Sept., Robersonville
(252) 385-0218
ecspeedway.com

Making Of Gone With the Wind
Movie costumes, props, memorabilia
Through Dec., Elizabeth City
(252) 335-1453
museumofthealbemarle.com

Dead Wood Western Theme Park
Through Dec. 31, Williamston
(252) 792-8516
visitmartincounty.com

By Hannah McKenzie

Take control of your indoor air quality

Some surprisingly simple products can work in your favor

Q: My sister maintains a healthy lifestyle by eating right and staying active. She also is impeccably clean by using the latest and greatest cleaning products that often give me a headache. How can I convince her that using less smelly cleaning solutions will be better for our health?

A: You are right to be suspicious of the healthfulness of your sister's cleaning products. Wisely selecting cleaning products is one of the easiest ways to improve your home's indoor air quality (IAQ). IAQ has become increasingly important as construction techniques and our lifestyles have changed in the last few decades.

Homes are built more airtight to keep the heating and air conditioning inside. That is great for feeling comfortable, but airtight houses keep indoor air pollutants inside as well.

Our lifestyles have changed since televisions, computers and air conditioning lure us to spend more time indoors. Once upon a time, the front porch and living room were the same temperature on a summer day. Nowadays we are also bringing more products into our homes that emit volatile organic compounds (VOCs).

Don't let the word "organic" fool you. VOCs are emitted as gases from certain solids or liquids. They include a variety of chemicals, some of which may have short- and long-term adverse health effects especially for children, asthmatics and folks with respiratory illnesses. VOCs are around us all of the time, especially indoors. Sometimes, indoor VOC levels can be up to 10 times greater than the outdoor air.

The U.S. Environmental Protection Agency explains that VOCs are emitted by a wide array of products numbering in the thousands. Examples include: paints and lacquers, paint strippers, cleaning supplies, air fresheners, pesticides, building materials and furnishings, office equipment such as copiers and printers, graphics and craft materials including glues and adhesives, and permanent markers. You probably have seen the term "no-VOC" on paint cans at your local hardware store.

There are two reasons for your sister to alter her cleaning regimen:

1. Choosing more healthful cleaning products will improve the IAQ and make it a healthier living environment.

If she wants to stick with smelly cleaners, read the fine print on the package for appropriate use. Some products need to be diluted or used in ventilated areas. Perhaps using less of the product will produce the same result; and don't be fooled by the word "green."

Do a little homework. The Environmental Working Group is a great resource for getting the inside scoop on the healthfulness of products. They maintain a database of more than 2,000 cleaning products that helps consumers compare and make wise choices.

My favorite "go to" cleaning products are vinegar and baking soda: neither is a skin irritant, and I don't have to worry as much if my toddler breaks into the cleaning cabinet. A quick Google search yields websites with hundreds of cleaning tips.

2. Save money!

Often the safest cleaning products are also the cheapest. When I was living on a very tight budget in college, I didn't realize I was being healthy by mixing my own window cleaner out of vinegar and water. I was only focused on it being cheap. A gallon jug of vinegar could season collard greens, clean windows and brighten my white clothes. Easy peasy!

Air freshener is also expensive. I stopped using it and instead aired out the bathroom with a fan or by opening a window. Now I know I was making wise decisions for my health and pocketbook. Encourage your sister to do the same.

Cleaning up indoor air doesn't have to be a stressful endeavor. Start slowly by eliminating the products you can live without and choose products wisely by doing a little homework.

Eventually, your cleaning cabinet will not hold products that use the words "danger," "warning," "caution," "toxic," "corrosive," "flammable" or "poison." Imagine that!

Hannah McKenzie is a freelance writer and former residential building science consultant for Advanced Energy in Raleigh.

For more information, check out the Environmental Working Group at www.ewg.org

Business Opportunities

AVON REPS NEEDED! Great earning opportunity. $10 sign-up fee. Call/text 910-622-1220 or 1-877-882-1513.

FINANCING AVAILABLE for farming, construction, trucking, motels, any small business. Good or Bad credit, new/used equipment, property refinance, working capital. www.fundingsolved.com 321-432-7717.

Vacation Rental

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. 828-478-3208. Send e-mail for photos to: bnagel36@charter.net

BLOWING ROCK CHETOLA RESORT, 2BR, 2BA condo. hbauman@bellsouth.net

HIGH MOUNTAIN CREEKSIDE CABINS: Relax in one of our private, family-owned vacation homes near NC/VA border. All the amenities of home plus hot tub. Call 800-238-8733. www.highmountaincabins.com

MOUNTAIN CABIN ON NEW RIVER. Ideal for canoeing, hiking, biking, fishing and hunting. 336-982-3281. www.cabins.com/usa/nc/nc_ashe_022/nc_ashe_nrg_022.html

OCEAN LAKES CAMPGROUND, Myrtle Beach. 2/BR, 1/BA house, sleeps 6. $800/week openings in August. 336-956-4405.

How to Place a Classified Ad

Deadlines
For publication in Carolina Country magazine, submit your ad by the 25th of the month approximately 5 weeks before publication (e.g., June ad due April 25). Orders received after deadline will be published in the following issue.

Costs & Word Limitations
- For Carolina Country magazine: $2 per word ($20 minimum per ad). Maximum of 75 words.
- Every word counts, including "a" or "the." A phone number counts as one word (enter these as 555-555-5555). A website address counts as one word.
- Payment must accompany order. We accept Visa, MasterCard or American Express, or make checks payable to "Carolina Country."
- No refunds. No discounts.

Ads That Reoccur Monthly
If you'd like to repeat the same ad for a number of months, we can set you up. You'll need to use a credit card for payment.

How to Send
Use our website's form to compose your ad and pay by credit card. You can also fill out online and print a different form (PDF format) if you'd like to pay by check. Or call us and we'll mail you a form. Return the ad information and check (payable to "Carolina Country") to: Carolina Country Classifieds, P.O. Box 27306, Raleigh, NC 27611-7306.

Classified ads will not be accepted by phone.

Other Guidelines
- Limit 2 ads per month per advertiser.
- Ads accepted on a space-available basis.
- First-column line printed in uppercase.
- No "personals" accepted.

For More Information
Call Jenny Lloyd at 800-662-8835, ext. 3091.

Real Estate

WATERFRONT HOUSE/LOT, Blounts Creek, Pamlico River. See listing ID#23937264 at www.forsalebyowner.com

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

Insurance

DON'T PAY TOO MUCH for Medicare Supplements! Free quotes 1-800-252-6110.

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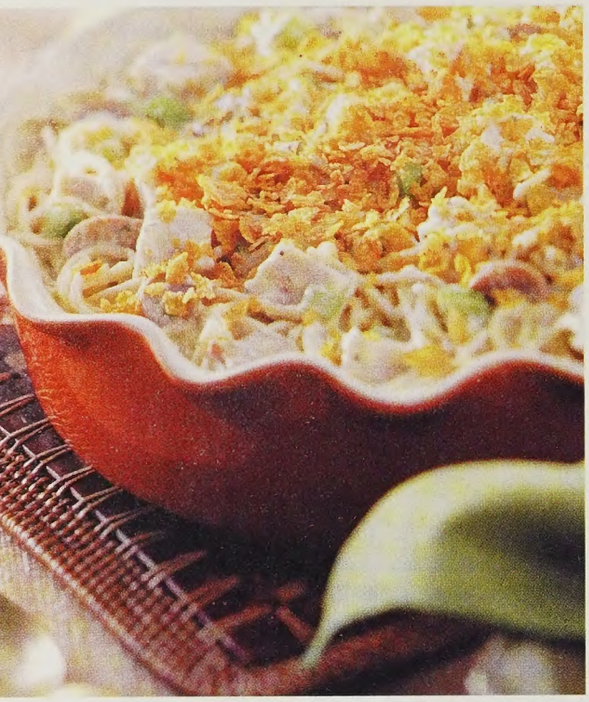

Firefighter's Chicken Spaghetti

- 12 ounces uncooked spaghetti, broken in half
- 1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
- 1 can (10¾ ounces condensed cream of chicken soup, undiluted
- 1 cup (8 ounces) sour cream
- ½ cup milk
- ¼ cup butter, melted, divided
- 2 tablespoons dried parsley flakes
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups (8 ounces) shredded part-skim mozzarella cheese
- 1 cup grated Parmesan cheese
- 2 to 3 celery ribs, chopped
- 1 medium onion, chopped
- 1 can (4 ounces) mushroom stems and pieces, drained
- 5 cups cubed cooked chicken
- 1½ cups crushed cornflakes

Cook spaghetti according to package directions; drain. In a large bowl, combine the soups, sour cream, milk, 2 tablespoons butter and seasonings. Add the cheeses, celery, onion and mushrooms. Stir in the chicken and spaghetti.

Transfer to a greased 3-quart dish (dish will be full). Combine the cornflakes and remaining butter; sprinkle over the top.

Bake, uncovered, at 350 degrees for 45–50 minutes or until bubbly.

Yield: 12–14 servings

Tangy Sirloin Strips

- ¼ cup canola oil
- 2 tablespoons Worcestershire sauce
- 1 garlic clove, minced
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 pound beef top sirloin steak (1-inch thick)
- 4 bacon strips
- Lemon-pepper seasoning

Glaze

- ½ cup barbecue sauce
- ½ cup steak sauce
- ½ cup honey
- 1 tablespoon molasses

In a large re-sealable plastic bag, combine the first six ingredients. Cut steak into four wide strips; add to the marinade. Seal bag and turn to coat; refrigerate for 2–3 hours or overnight, turning once.

Drain and discard marinade. Wrap a bacon strip around each piece of steak; secure with toothpick. Sprinkle with lemon-pepper seasoning. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill the steak, covered, over medium low heat or broil 4 inches from the heat for 10–15 minutes, turning occasionally, until the meat reaches desired doneness (for medium-rare a meat thermometer should read 145 degrees; medium, 160 degrees; well-done, 170 degrees).

Combine the glaze ingredients; brush over steaks. Grill until glaze is heated. Discard toothpicks.

Yield: 4 servings

Cashew Chicken Rotini Salad

- 1 package (16 ounces) spiral or rotini pasta
- 4 cups cubed cooked chicken
- 1 can (20 ounces) pineapple tidbits, drained
- 1½ cups sliced celery
- ¾ cup thinly sliced green onions
- 1 cup seedless red grapes
- 1 cup seedless green grapes
- 1 package (5 ounces) dried cranberries
- 1 cup ranch dressing
- ¾ cup mayonnaise
- 2 cups salted cashews

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, pineapple, celery, onions, grapes and cranberries. Drain pasta and rinse in cold water; stir into chicken mixture.

In a small bowl, whisk the ranch dressing and mayonnaise. Pour over salad and toss to coat. Cover and refrigerator for at least 1 hour. Just before serving, stir in cashews.

Yield: 12 servings

From Your Kitchen

Slow Cooker Apple Cobbler

- 1 box yellow cake mix
- 2 cans (20 ounces each) apple pie filling
- 6 tablespoons of butter, melted
- Vanilla ice cream

Dump apple pie filling into the bottom of your slow cooker. Spread the cake mix over the apple pie filling and then spoon melted butter over the cake mix — do not mix! Cook on high for 4 hours. Serve with vanilla ice cream.

Recipe courtesy of Nancy Ballard of Zebulon.

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